

BBC

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March 2012
AED 15

100+ recipes
inside!

Good Food

Family time!

MIDDLE EAST

- * Easy everyday dinners
- * Mother's Day brunch
- * Healthy eating for kids

Awards
supplement
inside!

**GET COOKING
WITH YOUR KIDS**

**FLAVOURS FROM
THE CAPE**

ARIANA BUNDY LAUNCHES
Pomegranates & Roses

**EVERYDAY
INSPIRATION**



Orange, walnut
& Stilton salad

**WEEKEND
BAKING**



Gaby's Victoria sandwich

Healthy lemon-roast chicken
the whole family will love

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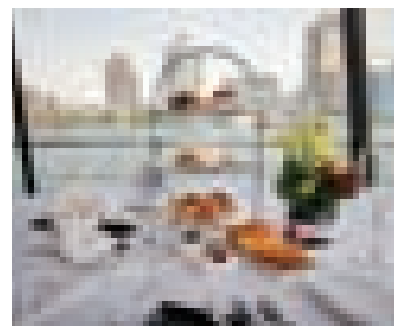
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Win BUBBLY HIGH TEA CRUISE PACKAGE FOR FOUR

Feast on delicious canapés, pastries, meringues and mini sandwiches onboard the elegant Bateaux Dubai. The one of a kind experience that offers a 360 degree view of the Dubai Creek, live music and a cruise for approximately 45 minutes, making it a must-try experience for family and friends.

Details on page 50



EDITOR'S NOTE

The family table

A place for the family to come together and enjoy good food and share stories from the day; the dining room table, whether small or large, is such a special place in the home. With Mother's Day coming up this month on 18 March, we thought it was the perfect time to focus on cooking and dining with the family, encouraging all of us to make the most of eating together.



We have wonderfully quick, easy, healthy meals for everyday

dinners and meal plan suggestions to keep your children happy and full of energy during the school day. And, if you're in the mood for leisurely weekend lunches and brunches to enjoy with family and friends, we've got some amazing recipes for you.

It is often our mother that first ignites our love for food, with certain aromas and tastes taking us back to fond childhood memories. Dalia Dogmoch takes us through some of her favourite traditional Syrian meals that her mother made for her as a child, and for a special 'last bite' we ask our Chef of the Year finalists how their mothers have inspired their love for food.

The second annual BBC Good Food ME Awards took place at the Ritz-Carlton, DIFC last month in festive Mardi Gras style. A successful event that brought together over 450 food and beverage professionals and food lovers, you can read about the highlights on page 38 or get the full details in our special souvenir awards supplement with this issue.

I hope to see you all at Taste of Dubai later this month!

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, editor
lauren@cpidubai.com

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PAGE 74 | Chef bites Yannick Alléno



GoodFood
MIDDLE EAST

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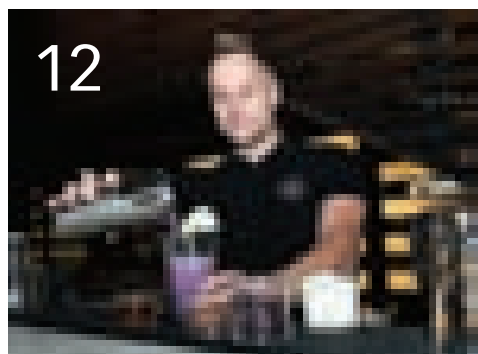
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We speak to the BBC Good Food ME Chef of the Year finalists to find out how their mothers influenced their love for food

Make our
cover recipe



31 Healthy lemon roast chicken

Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- ✓** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt.
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

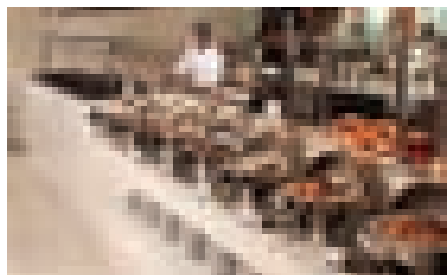
TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

Crazy for competitions

Win gift hampers, hotel stays and more...

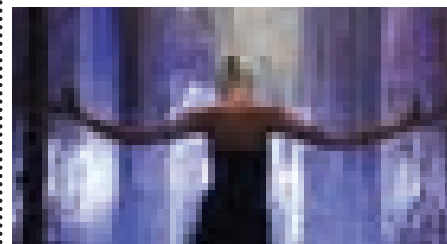
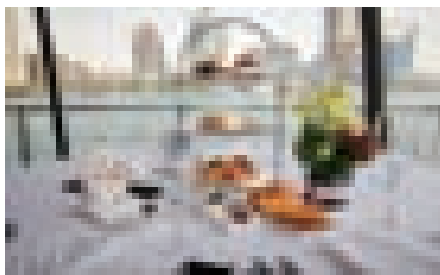


WIN DINNER FOR TWO AT CHANNELS, MEDIA ROTANA

Feast on the 'English Channel' theme night buffet that offers traditional favourites such as salads, pies, carved roasts and decadent puddings inclusive of selected beverages. Savour each bite and enjoy a dinner with a difference. Get online to answer the quiz and win!

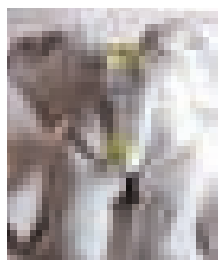
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Feast on delicious canapés, pastries, meringues and mini sandwiches onboard the elegant Bateaux Dubai. The one of a kind experience offers a 360 degree view of the Dubai Creek, live music and cruises for approximately 45 minutes, making it a must try experience for family and friends.



WIN RAIN FOREST EXPERIENCE AT BANYAN TREE, RAS AL KHAIMAH

Two lucky winners will go through an experimental journey which uses 16 techniques to enable guests to connect with their senses. The unique experience will entail a rain walk, sole therapy, aroma steam, vitality pool and hammam amongst a few of the many techniques that will be offered.

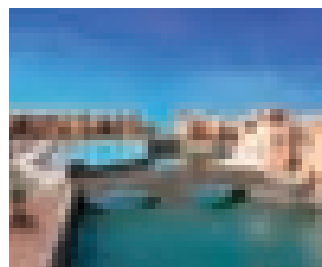
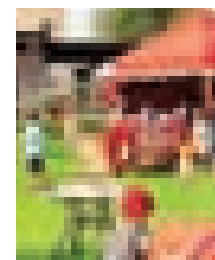


WIN MAZINA SATURDAY BRUNCH FOR TWO ADULTS AND TWO KIDS (UPTO 12 YEARS OLD)

Get creative at the Mazina Generation Creation family brunch by showcasing your skills in the linen department. Learn how to craft an elephant, fold flowers or create a memorable memento and experience origami with a difference. Once you've built up an appetite, savour mouth-watering international cuisine accompanied with entertainment for all ages.

WIN FAMILY BRUNCH FOR TWO AT BAB AL SHAMS

Begin the weekend with Friday brunch outdoors on the lawn at Al Forsan, Bab Al Shams Desert Resort & Spa, which consists of international cuisines and is accompanied with live music, face painting, Disney mascots, dances and entertainment for the children as well as adults.

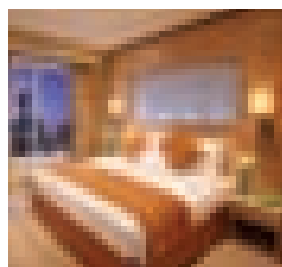


WIN A STAY FOR TWO AT COVE ROTANA RESORT RAS AL KHAIMAH

Enjoy a night's stay for two at one of the deluxe rooms in the luxurious resort in Ras Al Khaimah and be stunned by the views overlooking the lagoons while you tuck into a mouth watering international cuisine dinner at the Cinnamon restaurant.

WIN DINNER FOR TWO AT NINETEEN

Nineteen plays host to some of Dubai's top chefs as they battle against each other using one main staple ingredient. With three appetising courses served, you will be the judge for the day and determine a winner by rating each course. The innovative dinner includes soft drinks and select house beverages and is a great way to sample new dishes.

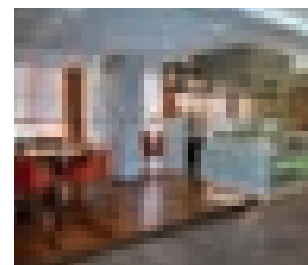


WIN OVERNIGHT STAY AT EMIRATES GRAND HOTEL

Enjoy an overnight stay for two at the elegant and stylish hotel located on Sheikh Zayed Road followed by a lunch buffet at The Lobby Lounge that offers an array of appetisers, mains and decadent desserts accompanied by revitalising beverages

WIN BRUNCH AT C.TASTE RESTAURANT

Two lucky winners will tuck into a delicious brunch held at Centro Al Manal, Abu Dhabi by Rotana. With a wide range of international cuisine on offer, guests will dine in an intimate yet entertaining ambience.



To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!



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Top 10 foodie moments

Mouth-watering brunches, unique dining concepts, interviews and more, *BBC Good Food ME* keeps you in the know this month



1 BBQ on the beach

The Park Hyatt Abu Dhabi, tucked away on the serene beachfront retreat on the natural Saadiyat Island, has launched a barbecue brunch that makes a perfect excuse to get-a-way from the city for the weekend.

The brunch takes place every Friday from 12.30 to 16.00 and you can enjoy food from live barbecue stations at the Beach House, as well as chilled out tunes played by the resident DJ. Tuck into delicious salads and barbecue delights such as beef short ribs, lamb cutlets with olive oil and juicy, fresh marinated tiger prawns. The dessert station is something special too; satisfy your sweet tooth with an assortment from the decadent dessert station while you unwind and enjoy the breathtaking views.

The brunch per head is AED 300 (inclusive of soft drinks) and AED 390 (inclusive of alcoholic beverages).

2 A slice of organic

This month, the capital's healthy dining options have gone up a notch with the launch of unique cuisines and brunches to try.

Joining this list of new launches is the organic food station, Slices. Using locally grown fresh organic produce, Slices is dedicated to serving its customers fresh, wholesome and healthy meals and is committed to being environmentally sustainable by recycling metals, glasses, cardboards, paper, plastics and metals whenever possible.

"At Slices our devotion to whole food, certified organic and natural health principles is strong. We are passionate about good food and are dedicated to offering our customers healthy and nutritious choices at an affordable price all day long," says Amina Abdulrahman Taher, one of the four establishing partners.

Foodies can feast on a range of fresh smoothies, juices and salads, breakfast bagels and locally roasted coffee from Raw as well as mouth-watering desserts and pastries. Breakfast options such as muesli, porridge, fruit and yoghurt selections are available as well as mains such as soups, seasonal salads, wholegrain wraps and freshly made sandwiches. The menu provides organic options for meat eaters, vegetarians and vegans alike; there is something for everyone.





3 A toast to Hemingway

Ruth's Chris, one of the UAE's favourite steakhouses is celebrating one of America's finest literary minds; Ernest Hemingway, combining some of his favourite cultures, countries and cuisines to create an inspiring menu.

Taking place every Wednesday, guests can enjoy a welcome Martini (known to be Hemingway's favourite drink!) followed by a signature three course meal which includes starters such as seared ahi tuna, French onion soup and crab stuffed Portobello mushrooms to name a few. For mains, tuck into the Caribbean lobster tail, herb crusted sea bass or Ruth's Chris signature fillet of beef amongst other options. For desserts, we recommend the chocolate sin cake that is dense and velvety in texture and taste, a must try for chocolate lovers, or perhaps opt for a more subtle dessert such as the petite crème brûlée.

Conclude the evening by leisurely heading out to the bar area to choose from a selection of fine Cuban cigars – paying tribute to Hemingway's time in Cuba.

The Hemingway menu is priced at AED 495 per person.



4 Back to business at BUSSOLA

Give your business lunch an Italian flair at Bussola, The Westin Dubai, which is offering an authentic Italian dining experience with cuisines from Northern Italy and the Mediterranean such as homemade smoked salmon, steamed potato and beans, baby spinach, citrus oil and caviaroli. Choose from a two or three course set menu available daily from 12.00 to 14.45.

The two course menu is priced at AED 110 per person while the three course menu is priced at AED 130. For reservations, contact +97143994141

5

Blogger in the Kitchen

BBC Good Food ME speaks to Assia Othman to find out more about her authentic Moroccan recipes and spectacular foodie DIYs...

About Assia Kitchen...

During my stay in UAE with my husband I noticed that the Moroccan restaurants were a little bit expensive if compared with the Egyptian, Lebanese, or Chinese ones. Hence, my aim was to bring the Moroccan cuisine to each house through my recipes and educate food lovers on the Moroccan restaurants and specialties found within this region.

Favourite restaurants to dine at...

Mawawee, Hilton Abu Dhabi – I can't stress enough that its Lebanese mezze is amazing!

MORE Cafe, Dubai mall – I love the volcano brownies as dessert.

Assia Othman's signature dish...

The Moroccan chicken dghmeera tajine made from chicken livers, preserved lemons and olives.



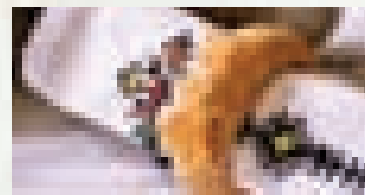
Foodie blogger Assia Othman

Guilty pleasure...

Nutella! Nutella! Nutella!

Culinary advice you received from your mother...

Similar to most Moroccan mothers, my mother taught me to cook my dishes with love. Watch the details, follow the exact portion of each ingredient and to always take care of the presentation.



Assia's foodie bow napkin rings

Create these edible gorgeous napkin rings and surprise your loved ones with your crafty skills.

- | | |
|---|-----------------------------|
| 1 cup and half all purpose flour | 1 tbsp paprika |
| ¼ cup sundried tomatoes with oil | ½ tsp salt |
| 2 tbsp parmesan cheese | ½ tsp sugar |
| 1 tbsp sesame seeds | ½ tsp yeast |
| | 1 cup lukewarm water |

1 Blend the sundried tomatoes until it forms a smooth paste. In the meantime, dissolve the yeast, in some water with sugar. Cover and set aside for five minutes.

2 In a deep bowl, mix the flour, sesame seeds, paprika, salt, parmesan and sundried tomato paste together. Add the yeast to the bowl, and stir.

3 Gradually, add lukewarm water and knead for 10 minutes until reaching homogeneous dough.

4 Divide the dough into 10 equal parts. Save two parts for making the bows.

5 Using an empty roll of foil (covered with parchments paper), roll each part into ring and form it around the roll, just pinch the edges that form together to close the ring. Leave a 2-3 cm space between each ring.

6 Roll out the part reserved for bows, and cut into equal rectangles. Press firmly in the middle to obtain a bow shape. Add a strip of dough in the centre of the bow and secure firmly. Place on the top of the ring (you can use water for sticking)

7 Bake at 180C, for 18 minutes. Let cool completely before you remove each one from the paper foil roll.

8 Voila! Your napkin rings are now gorgeous and delicious enough to eat too!

6

Crack open a super fruit

Pomegranates, the sweet-yet-tart super fruit packed with health benefits, contains vitamins A, C and E, potassium, folic acid, iron and antioxidants triple the amount found in green tea and red wine. The fruit is known to ward off cardiovascular disease, viral infections, dental plaque and other sicknesses' while lowering blood pressure and cholesterol levels.

According to a research conducted by Al Rawabi, the pomegranate is the most popular of the super fruits with 82 percent of people choosing this fruit juice over other flavours, not only because of flavour, but because of health reasons.

Al Rawabi has recently launched its pomegranate juice as part of the new premium range of products.



Three ways to eat pomegranates:

1. Sprinkle over salads, soups and desserts
2. Eat the whole fruit in a bowl mixed with Greek or low fat yoghurt
3. Use the juice from ripe pomegranates for marinades, dips and dressings

7

A floating BBQ?

Yes, you heard right! Boardwalk at Dubai Golf has stretched over to the creek waters with its fleet of exciting floating donuts that sail between 12.00 and 21.00 daily. The BBQ donut accommodates eight diners and is perfect for a relaxed afternoon BBQ that is cooked on board.

You can choose a staff member to master the grill and drive the boat for you, or put on your captain's hat and steer the donut yourself while feasting on a range of BBQ delights from menus that include a 'tasty mix, Arabian delights or creek side indulgence', which includes traditional mixed grill, Wagyu rib eye steak and lobster tail amongst the options.

Guests can also opt for the afternoon tea or an a la carte menu while they sit back and watch the hustle and bustle of the city along the creek side.

For more information, contact +97143801234



foodie moments

8

Family fun brunch at Bab Al Shams

Savour a three course brunch at Al Forsan, Bab Al Shams every Friday from 12.30 to 16.00. The brunch includes international cuisine, live music and entertainment for all ages with camel and pony rides, archery, face painting, kite flying, activity tents and fun loving cartoon characters for the kids.

Begin with the appetiser section that consists of sushi, Arabic salads, breads, soups and more before heading out to the main grills section that offers rib eye steak, grilled meats, pasta, Scheszwan prawns as well as delicious options for kids to indulge in. Once the mains have been devoured, head straight out to the dessert section and choose from Arabic sweets such as kunaffeh, mouhlabia, pastries or perhaps from the variety of cakes, fondue and the wide selection of cheese.

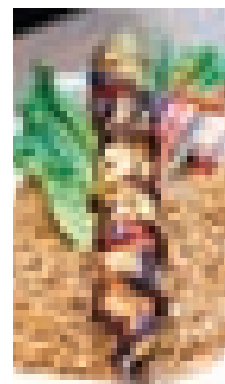
The brunch is priced from AED 250 (soft beverages), AED 395 (alcoholic beverages) and AED 125 for children aged 4-12 (below 4 dine for free). For more information, contact +971 4 809 6194.



9

Afghani cuisine, WITH A CALIFORNIAN TWIST

In the mood for something a little different in the UAE? Well, you're in for a treat at Nolu's Cafe that recently launched at Al Bandar Marina Abu Dhabi. The restaurant combines authentic generations' old Afghani recipes with a Californian style flair. Marjon, the chef and founder combines her heritage and Californian upbringing to create a unique combination of healthy and sustainable meals using locally grown fruits and organic eggs.



10

Master the juices with Jason Vale and the **Philips Avance Juicer**

Master juicer Jason Vale has written ten books on health and juicing including the best-selling health book *7lbs in 7 days* a super juice diet, which has been used by stars like Drew Barrymore, Jennifer Anniston and other Hollywood celebrities. We talked to Vale to learn more about his top three tips to healthy living and why he enjoys using the new Philips Avance Juicer

WHAT ARE YOUR THREE TOP TIPS TO HEALTHY LIVING?

1) Only eat when genuinely hungry. If you are bored, it's always tempting to reach for a bar of chocolate or packet of crisps, but food can't usually solve the problem and every time you eat without being hungry, those excess calories will turn to fat. We are so conditioned to eat three large meals a day, actually we need to eat less more regularly to keep out metabolism working. Have a juice for breakfast, like the Turbo Charge Smoothie and you've turned 1/3 of your daily intake into live, raw plant based foods!

2) Move your body for at least 30 minutes a day. For most people it's hard to get into the routine of exercise and it's sometimes impossible to find time, but if you can make your lifestyle more active, you'll soon see and feel the benefits. Moving your body is so vital to optimum health that if you combine it with making a few juices a day, you'll be feeling fantastic in a matter of days.

3) If you can't eat it, then drink it! The easiest way to increase your nutrient intake is to juice your fruit and vegetables. I was never a big fan of raw veggies and I'm still not. But, if I mix them up with some freshly extracted apple or pineapple juice, I can easily drink them. Even if you can only have just one glass a day, it will boost your health as well as your diet.

WHY DO YOU LIKE THE PHILIPS AVANCE JUICER?

I only use Philips juicers as they are the only company who are continually innovating when it comes to juicing. The new Avance juicer has literally turned juicing on its head. The filter is upside down so all the pulp goes into the pulp tray at the bottom of the machine. This means that when you juice, you only see the juice and not the pulp. It is also very easy to clean and it's safe to say it's the quickest cleaning juicer I have ever used.

The Avance Juicer will be available in all major hypermarkets for AED 899.

Juice Master's Turbo Charge Smoothie

- 1/4 small pineapple
- 1/2 stick celery
- 1 inch cucumber
- 1 small handful of spinach
- 1/2 of an unwaxed peeled lemon
- 2 golden delicious apples
- 1/2 ripe avocado

INSTRUCTIONS:

Juice everything except the avocado, add juice to a blender with ice and blend in avocado for 45 seconds.



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Off the shelf

Kitchen gadgets, gorgeous gifts, homeware goodies and more to spoil that special mum this Mother's Day



Beautifully fragrant, try 'A Tuscan vineyard - sparkling grape' aroma by **LA VELA CANDLES** at only AED 150, available at O' de Rose and O Concept.



Anyone for a cup of tea? Enjoy the superior flavours of strained tea leaves by using this 'heart tea infuser' from **THE ONE** for AED 79 only.



For the food lover that has it all! Gift this nifty 'boomerang wok' that makes Asian cooking ultra simple and entertaining too. Available at **THE ONE** for AED 499.



Pamper your mother by laying out a home cooked meal in this charming 46 piece 'crazy flower' dinner set from **LUMINARC**, priced at AED 399.

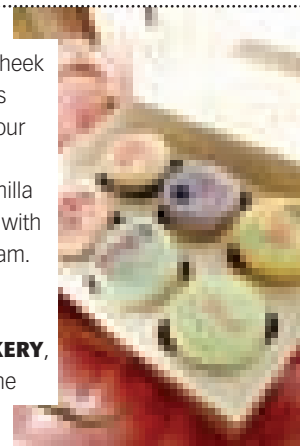


The delightful aroma of freshly baked crumpets is one to wake up to on Mother's Day. The Teflon non-stick 'swift flat griddle pan' available at **LAKELAND** for AED 389 can be used to bake Welsh cakes, pancakes, omelettes, steak and even a full English breakfast.



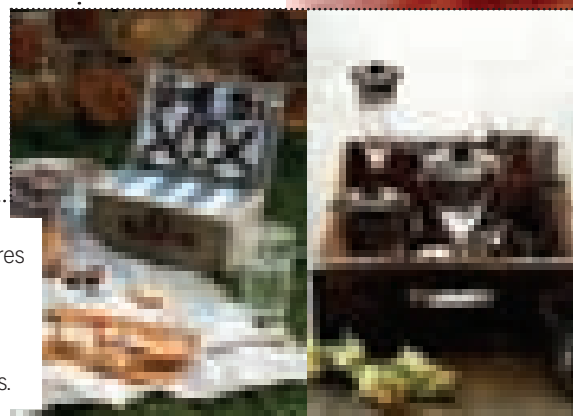
Bake a 'hearty' casserole in this adorable Le creuset enameled cast-iron two-quart dish, available at **GALLERIES LAFAYETTE**.

Retro tongue-in-cheek domestic goddess cupcakes; treat your mum to a box of chocolate and vanilla cupcakes topped with classic butter cream. AED 95 a box, available at **MAGNOLIA BAKERY**, Bloomingdales, The Dubai Mall.



Treat your mother to this 18 piece chocolate box from **FORREY & GALLAND**. Created specifically for Mother's Day, it is priced rather decadently at AED 325.

The colonial French era has landed across **@HOME** stores within the region, with the launch of their latest 'French Revival collection'. Choose from a range of exotic and glamorous fabrics, furniture, home and kitchenware products in soft taupes, pastel shades and rustic finishes.



Create a tea party to spoil your mum and lay out this elegant tea set and triple layer cake stand available at **LIFESTYLE**, UAE for AED 79 and 199 respectively.



The Only Place to be on a Friday

The Best Brunch in Town For Quality Family Time

Indulge in tantalizing bites while soaking in the stunning views of the Meydan Racecourse.

Time: 12.30pm to 4.00pm

For reservations call Meydan 04 381 3111

Fantastic Family Fun Brunch at Bab Al Shams

Get the weekend started with brunch on the lawn. With entertainment for every age group and a feast of fabulous scale, there's something for everyone.

Time: 12.30pm to 4.00pm

For reservations call Bab Al Shams 04 809 6194



Friday With a Bang at Al Hadheerah Desert Restaurant

A magical Arabian celebration awaits you as the sun sets amidst the enchanting desert dunes. Every Friday take in the spectacular firework finale!

Time: 7.30pm to 11.30pm

For reservations call Bab Al Shams 04 809 6194

THE MEYDAN
A DESTINATION HOTEL


باب الشمس
BAB AL SHAMS
DESERT RESORT & SPA



Mum's guide to healthy kids

This Mother's Day, fitness and nutrition expert Nick Watson, one of the co-founders of the boutique gym uconcept, gives us tips on how to ensure children are healthy, happy and full of energy

What is your advice on keeping kids and the family

healthy and happy? Always make sure that nobody, and I mean nobody, leaves the house in the morning without eating breakfast. Breakfast is the most important meal of the day - it will make sure it provides your children with the energy they need to listen and learn at school, and for mum and dad - it helps with weight maintenance/weight loss and prevents you reaching for sugary snacks around that dreaded 11am time. It keeps your blood sugar (and therefore your mood!) balanced and gives you energy for the day.

Shopping for food for the whole family can be challenging and time consuming, what are some of your top tips to making this easier?

When grocery shopping, if possible, make it a family affair. Get the kids involved picking the fruit and vegetables and getting it weighed. Start reading and understanding nutritional labels on the products that you buy and also see what your family are really consuming, so that you can start making informed choices and avoid waste.

The evening meal is often a great time for the whole family to eat together; what would you suggest for a healthy meal the whole family will enjoy?

We appreciate that life can be very demanding and there is always a lack of time, however try to sit down for a healthy meal together as a family, as often as possible, ideally once a day (with no TV on!) It's a great chance to discuss the day's events - finding out what each other have done throughout the day.

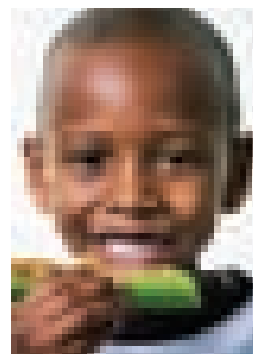
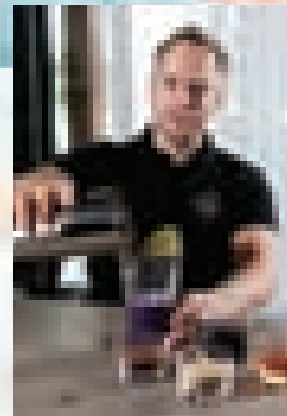
For this meal, try to prepare and cook it together - even if you can only do this once a week, it is a family social event and gives the children a chance to be involved and interested in their food. When cooking, avoid using extra fat - avoid frying and use more roasting/baking/poaching techniques. Avoid

adding extra sugar too and get used to serving water with your family meals. Remember, kids learn by example.

Make the food choices on the plate 'colourful' by introducing new vegetables and fruits with meals. Avoid nagging if the kids refuse to try new foods, but keep introducing them to a variety of selection and eventually they will hopefully try it. Try to make your food choices as fresh as possible, avoid processed food (tinned food/ready made meals). Watch portion sizes - serve the meal already on the plate, where you can monitor portion control, rather than the family helping themselves and maybe getting carried away with portion sizes. Keep the salt-shaker off the table, as extra salt should not be necessary.

We all know that healthy snacking is good; how can we instill this habit in our kids?

Encourage the family to snack in-between meals, but on healthy snacks, not on potato chips, candy or chocolates. Choose options like fresh fruit, nuts and seeds for example. The best way to encourage this is to avoid having unhealthy food in the house. Rather, be prepared and have little bags of healthy snack treats on hand, prepared and ready to eat. Snacks help keep blood-sugar (and moods) balanced, and keeps the metabolism stable. Avoid a treat being going to a 'fast food' restaurant - there are healthier choices in restaurants that are not expensive, that could be used as a family treat! We know that this isn't always so straight forward to follow, but introducing little changes, step by step, will encourage longterm lifestyle changes for the whole family!



Mum's guide to healthy meal plans

BREAKFAST:

If you choose cereal, make sure to choose cereals that are low in sugar and salt. Introduce porridge oats and try adding fresh berries to the cereal.

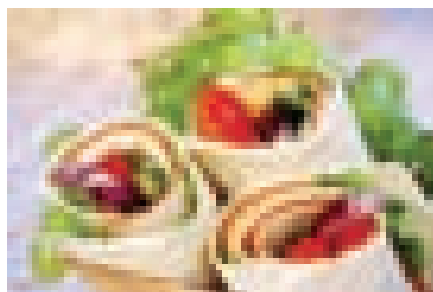
If having toast, try to use wholemeal brown bread, rather than white and be sparing with spreads.

Try a fruit smoothie for breakfast, which is fast and tasty; use frozen berries and bananas to give a natural rich, creamy texture. This is a great way to get kids to consume fruit, calcium and protein.

Omelettes are a great breakfast option – especially when you bulk them with extra ingredients including tomato, mushroom, rocket, basil and feta cheese.



Top tip: *Some bakers place brown food colouring in the bread to make it look healthier! Make sure your bread is brown from the use of grains and whole cereals.*



LUNCH:

Raw food is excellent for a healthier lifestyle, and the best way to introduce this is through tasty salads. For ideas, head to one of your local book stores and purchase a recipe book dedicated to salads. There is an amazing array of different ingredients, which you can use, sometimes all you need is a little inspiration!

Vegetable soups are another simple way to get kids to consume their veggies.

And, healthy wraps or sandwiches with brown rather than white bread are also a great way to introduce some raw ingredients hidden within.

For the lunch boxes try fruit slices, vegetable sticks with hummus dip, bagel with cottage cheese, bread sticks, sandwiches/wraps, dried fruit, yogurt, smoothies.

Top tip: *Spread some organic peanut butter on a salad wrap and use vegetables such as grated carrots, alfalfa, cucumber and lettuce. This is a great way to add some protein and adds variety to the normal hummus and cheese additions.*

SOME DINNER IDEAS:

- Roast meat (without the fat), with vegetables and a few boiled potatoes
- Grilled fish with rice and vegetables
- BBQ meat with a bean salad
- Quiche with salad

NOTE: If using rice or pasta, try to use brown

Top tip: *Try to encourage water with meals and if the family are in need of a dessert, then suggest fresh fruit salad.*



GREAT SNACK IDEAS

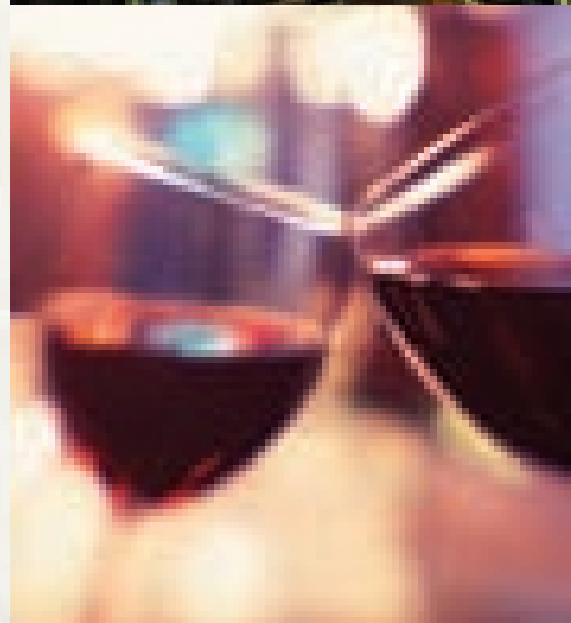
- Peanut butter on slices of apple
- Fresh fruit and vegetable sticks, with hummus dip
- Dried fruit, nuts and seed mix
- Low fat yoghurt
- Low fat cottage cheese with fresh berries



Top tip to making it easy for busy mums: *You can purchase delicious, fresh vegetable sticks with a low-fat dip from Barakat for only AED 5.50; available at most supermarkets.*

Top tips to healthy family living:

- Dehydrated fruit and vegetables, are not only healthy, as they retrain their nutritious content, but they are also very scrummy and a great alternative to candy! Opt for the ones without the sulphur, which are available at the organic supermarkets.
- Homemade smoothies using berries, natural honey, seeds, bananas are great. Add these ingredients to your weekly shop so that you have ready-to-go ingredients at your disposal.



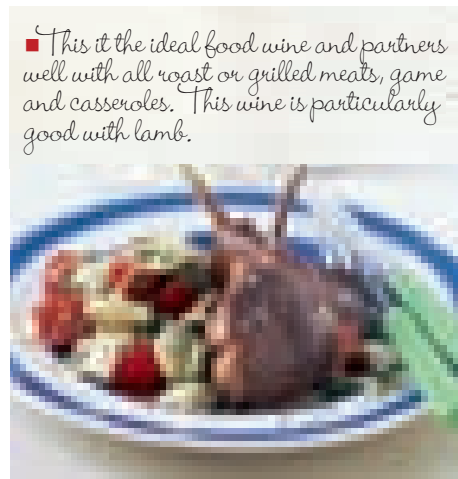
Grapes of Argentina

As the fifth biggest wine producing region in the world, you can enjoy some exceptionally-flavoured wines from Argentina. We catch up with an MMI Wine Buyer to learn more about Santa Julia wines from Mendoza, Argentina and learn which foods should be enjoyed with the wines

SANTA JULIA CABERNET SAUVIGNON 2011

Ruby red in colour with purple highlights and good intensity, this cabernet sauvignon is beautifully full-bodied and rich. Balanced with fine tannins, the wine has a long, persistent finish. On the nose you can experience black cherries, prunes, gooseberries and spices.

100% Cabernet Sauvignon from the Santa Rosa and Maipu vineyards, Mendoza

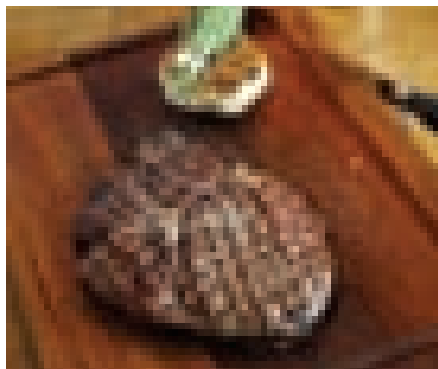


■ This is the ideal food wine and partners well with all roast or grilled meats, game and casseroles. This wine is particularly good with lamb.

SANTA JULIA MALBEC 2011

Violet-intense purple, concentrated and bright, this wine has a good body, sweet tannins and is well balanced by acidity. Structured to drink now, it has a lingering, complex finish. The complex aromas encompass notes of ripe fruits, figs, prunes, jam and raisins.

100% Malbec, hand-picked grapes from Medoza, Argentina

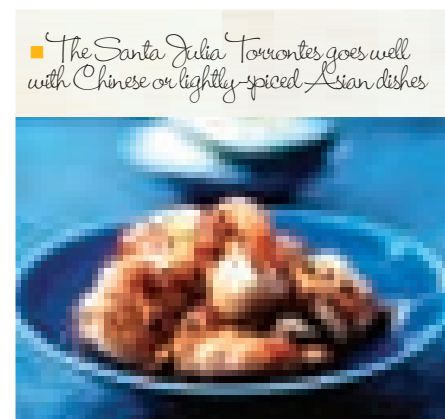


■ Grilled red meats and beef especially, this Malbec is the perfect match for a juicy rib-eye steak.

SANTA JULIA TORRONTÉS 2011

Silver yellow with brilliant pale green reflections, this wine is fresh flavoured and light bodied with hints of rose grapefruit and ripe fruits like peaches and pears to taste. On the nose you can enjoy notes of rose, orange peel, white peaches, fruit salad, chamomile and other aromatic herbs. A balanced wine with great fineness in aroma and flavour.

100% Torrontes, hand-picked grapes from the Santa Rosa vineyard, Mendoza



■ The Santa Julia Torrontes goes well with Chinese or lightly-spiced Asian dishes

SANTA JULIA CHARDONNAY 2011

Soft yellow with green tints, the wine is flavoured with good acidity. You can experience citrus notes with flavours of peaches and banana. An exceptionally harmonious wine with a balanced finish, you will enjoy notes of banana, apple, pear, melon and honey and hints of biscuit.

100% Chardonnay, hand-picked grapes from Santa Rosa and Maipu vineyards, Mendoza

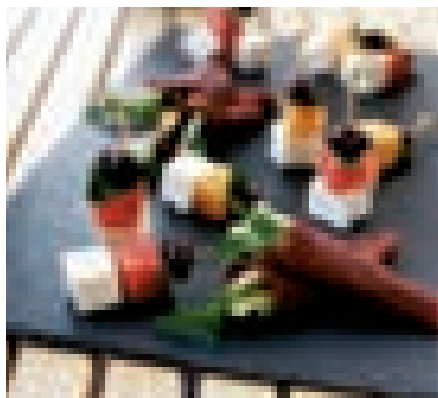


■ Simple fish dishes are delicious with this Chardonnay, and it also tastes great with roast chicken and other white meats.

SANTA JULIA SYRAH ROSÉ 2010

A medium-intense rosé with yellow hues, this wine exudes aromas of strawberries, sweet red fruits and blackberries. It is unctuous and delicate on the palate and there is a good balance between sweetness and acidity.

100% Syrah, hand-picked grapes during the first week of March 2010 from Santa Rosa vineyard, Mendoza



■ Cold cuts, sausages and Asian-inspired cuisine goes well with this rosé, but it's great as an aperitif alone.



Grapevine, MMI's wine society, is free to join and gives you access to special offers on wine, invitations to wine tasting events and access to wine makers and experts.

Grapevine is for people who like wine, whether you are an enthusiastic novice or a connoisseur of rare vintages. To join Grapevine visit www.mmidubai.com/grapevine.



Häcker, the definitive German luxury kitchen company, dedicated to designing and crafting the world's most desirable kitchens.

Everyday recipes

- Make it tonight
- Hit your 5-a-day
- 5 simple soups
- Ready in 30

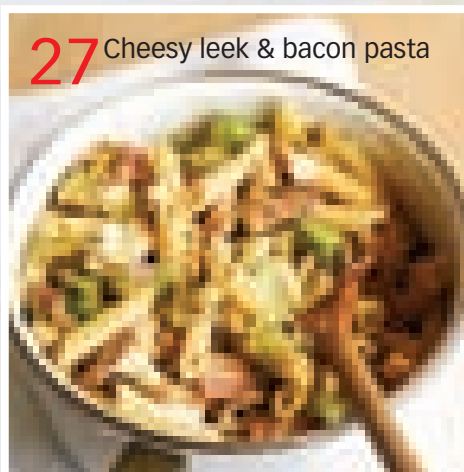
Feta & semi-dried
tomato omelette
– recipe, p18



20 Chicken & chorizo traybake



27 Cheesy leek & bacon pasta



34 Salsa chicken & cheese tortillas




Make it tonight

Warm up on chilly weeknights with these simple, satisfying suppers Recipes JAYNE CROSS Photographs WILL HEAP

Easy to shop for • Quick to prepare • Lots of healthy choices

Turkey bacon & mushroom risotto

SERVES 4 • PREP 10 mins • COOK 30 mins **Easy**  Low calorie, counts as 1 of 5-a-day

1 tbsp olive oil
1 onion, chopped
8 strips turkey bacon, chopped
250g/9oz chestnut mushrooms, sliced
300g/11oz risotto rice
1 litre/1¾ pints hot chicken stock
grated Parmesan, to serve

1 Heat the oil in a deep frying pan and cook the onion and bacon for 5 mins to soften. Add the mushrooms and cook for

a further 5 mins until they start to release their juices. Stir in the rice and cook until all the juices have been absorbed.

2 Add the stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful – it will take about 20 mins for all the stock to be added. Once the rice is cooked, season and serve with the grated Parmesan.




PER SERVING 452 kcals, protein 21g, carbs 62g, fat 13g, sat fat 4g, fibre 3g, sugar 3g, salt 1.9g

One-pan
family favourite

Super-quick
supper for one



Feta & semi-dried tomato omelette



SERVES 1 • PREP 5 mins • COOK 5 mins **Easy**    Low calorie

1 tsp olive oil
2 eggs, lightly beaten
4 semi-dried tomatoes, roughly chopped
25g/1oz feta, crumbled
mixed salad leaves, to serve

Heat the oil in a small frying pan, add the eggs and cook, swirling the eggs with a fork as they set. When the eggs are still slightly runny in the middle, scatter over the tomatoes and feta, then fold the omelette in half. Cook for 1 min more before sliding onto a plate. Serve alongside a mixed leaf salad.

PER SERVING 266 kcals, protein 18g, carbs 5g, fat 20g, sat fat 7g, fibre 1g, sugar 4g, salt 1.8g

Orange, walnut & Stilton salad

SERVES 4 ● PREP 15 mins ● NO
COOK **Easy**   Good source of
vitamin C, folate and calcium,
counts as 1 of 5-a-day

**2 x 100g bags rocket, watercress
& spinach salad**
2 oranges
1 tbsp walnut oil
**85g/3oz walnut pieces, roughly
chopped**
**140g/5oz Stilton or vegetarian
alternative, crumbled**

Empty the salad bags into a large bowl.
Peel the oranges over a small bowl to
catch the juices; then, over the same
bowl, cut the segments from the pith.
Whisk the walnut oil into the orange
juice, season, and pour over the salad
leaves. Toss the salad, then arrange on a
large platter. Scatter over the orange
segments, walnuts and Stilton.

PER SERVING 356 kcals, protein 14g, carbs 8g,
fat 30g, sat fat 10g, fibre 3g, sugar 8g, salt 0.8g

YOUR FAMILY'S FAVOURITE

Milk is an excellent
source of nutrients
including calcium,
protein, potassium,
phosphorus, and
vitamins A and D. Make
Al Ain Dairy Milk a part
of your family's
everyday diet. No
matter what your age, you need calcium
as an important part of your diet.



No-cook supper,
just add crusty bread



Oven-baked fish & chips

SERVES 4 • PREP 15 mins •
COOK 40 mins **Easy** Low fat

800g/1lb 12oz floury potatoes, scrubbed and cut into chips
2 tbsp olive oil
50g/2oz fresh breadcrumbs
zest 1 lemon
2 tbsp chopped flat-leaf parsley
4 x 140g/5oz thick sustainable white fish fillets
200g/7oz cherry tomatoes

1 Heat oven to 220C/200C fan/gas 7. Pat chips dry on kitchen paper, then lay in a single layer on a large baking tray. Drizzle with half the olive oil and season with salt. Cook for 40 mins, turning after 20 mins, so they cook evenly.
2 Mix the breadcrumbs with the lemon zest and parsley, then season well. Top the cod evenly with the breadcrumb mixture, then drizzle with the remaining oil. Put in a roasting tin with the cherry tomatoes, then bake in the oven for the final 10 mins of the chips' cooking time.

PER SERVING 366 kcals, protein 32g, carbs 43g, fat 7g, sat fat 1g, fibre 4g, sugar 3g, salt 0.5g

Healthy twist
on a classic

HEALTHY BENEFITS

We've halved the fat and calories of this traditional favourite by cooking it in the oven instead of frying.

Although potatoes don't count towards your 5-a-day, they're a useful source of vitamin C as well as B6, potassium and manganese.

SAY YES TO CALCIUM

If you're similar to most your diet is lacking calcium. And that puts your health, especially your bones, at risk. The key to increasing this valuable nutrient is to know where to find it. Although you may be led to believe that a pill or other fortified food is the answer, think again. Milk and other dairy products are the richest source of calcium you can find — with a lot of other benefits to boot!



Chicken & chorizo traybake

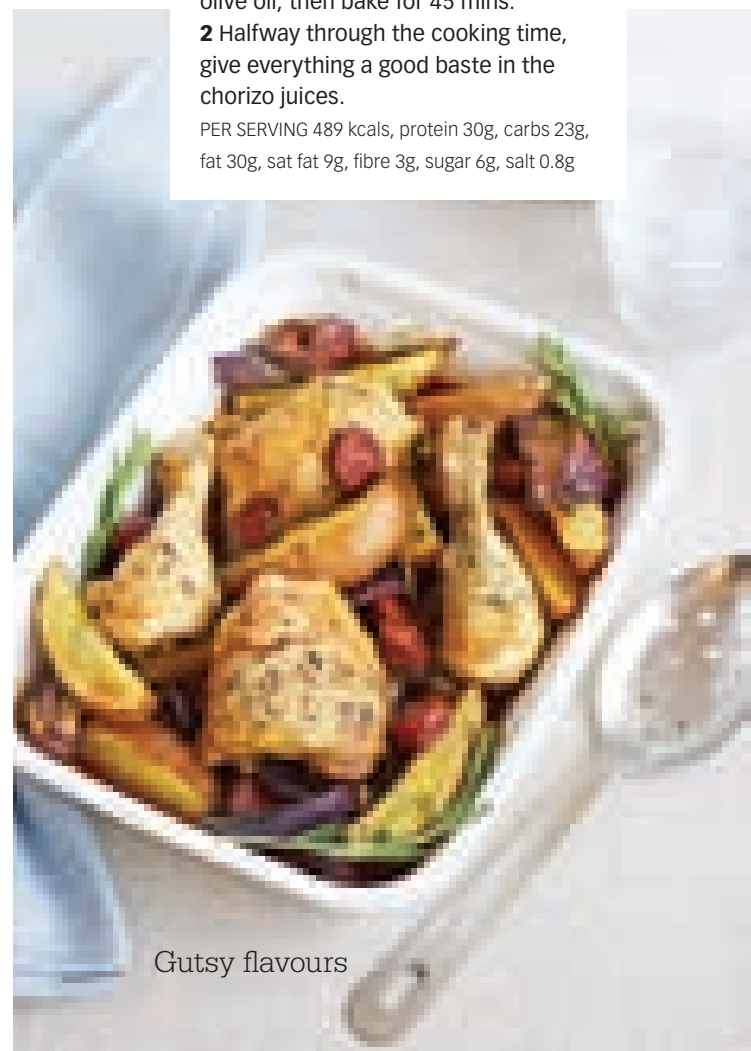
SERVES 4 • PREP 10 mins •
COOK 45 mins **Easy**

140g/5oz cooking chorizo
2 red onions, cut into wedges
4 garlic cloves, left whole
4 chicken thighs
4 chicken drumsticks
4 medium potatoes, unpeeled and cut into wedges
2 rosemary sprigs
2 tbsp olive oil

1 Heat oven to 220C/200C fan/gas 7. Cut the chorizo into slices the thickness of a pound coin. Put the onion and garlic in the bottom of a large roasting tin. Scatter over the chorizo, then add the chicken pieces, potato, rosemary and a couple of grinds of black pepper. Drizzle with olive oil, then bake for 45 mins.

2 Halfway through the cooking time, give everything a good baste in the chorizo juices.

PER SERVING 489 kcals, protein 30g, carbs 23g, fat 30g, sat fat 9g, fibre 3g, sugar 6g, salt 0.8g



Gutsy flavours

Lemon chicken with fruity olive couscous

SERVES 4 • PREP 20 mins • COOK 8 mins **Easy** Low fat, low calorie, good source of iron and folate, counts as 1 of 5-a-day

4 skinless chicken breasts

juice 2 lemons

2 tbsp olive oil

1 tsp dried chilli flakes

3 garlic cloves, crushed

FOR THE COUSCOUS

200g/7oz couscous

85g/3oz sultanas

250ml/9fl oz hot chicken stock

85g/3oz pitted green olives

400g can chickpeas, drained

2 tbsp chopped flat-leaf parsley

1 Butterfly the chicken breasts by cutting through the thickest part of the breast, stopping 1cm before the edge, then opening out like a book. Whisk together the lemon juice, olive oil, chilli flakes and garlic. Pour half over the chicken and marinate for 15 mins.

2 Meanwhile, put the couscous and sultanas in a bowl, then pour over the stock. Cover the bowl with cling film and leave for 5 mins.

3 Heat a griddle or non-stick frying pan, remove the chicken from the marinade and cook for 4 mins on each side until golden and cooked through.

4 Fluff up the couscous with a fork and stir in the olives, chickpeas and parsley. Season and serve with the chicken.

PER SERVING 460 kcals, protein 39g, carbs 49g, fat 11g, sat fat 2g, fibre 4g, sugar 15g, salt 2.1g



The UAE's favourite milk

Al Ain Dairy produces tasty and nutrient-rich full cream milk, low fat milk, double cream milk, skimmed milk and calcium-rich low-fat milk. Keep your whole family's calcium levels up by making sure they have enough. The consumers of UAE recently voted Al Ain Dairy as the region's favourite milk brand in the BBC Good Food ME Awards!



Here is a yummy recipe made with milk that your whole family will love...



Vanilla frozen yoghurt

INGREDIENTS

- 2/3 cup sugar
- 2 teaspoons cornstarch
- 1 1/2 cups Al Ain Dairy skim milk
- 1 egg, slightly beaten
- 2 tablespoons light corn syrup
- 1 vanilla bean
- 2 teaspoons vanilla extract
- 1 1/2 cups Al Ain Dairy plain yoghurt

PREPARATION

In a medium saucepan, combine sugar and cornstarch. Stir in milk, beaten egg and corn syrup. Cook, stirring, over low heat until mixture thickens and coats a metal spoon. Remove from heat; cool. Slit the vanilla bean and scrape the seeds into the mixture along with the vanilla extract and yogurt; refrigerate until chilled. When mixture is cool, freeze in ice cream freezer according to manufacturer's instructions. Makes 8 servings.

EVERYDAY



The kids will love this!



Very moreish

Make it for the kids

Tuna pasta bake

SERVES 4 • PREP 10 mins • COOK 20 mins **Easy** Good source of calcium

400g/14oz fusilli pasta
100g/4oz frozen peas
50g/2oz butter
50g/2oz plain flour
600ml/1pt milk
1 tsp Dijon mustard
2 x 195g cans tuna, drained
4 spring onions, sliced
198g can sweetcorn, drained
100g/4oz cheddar, grated

1 Bring a pan of water to the boil. Add the pasta and cook, following pack

instructions, until tender. Add the peas for the final 3 mins cooking time.

2 Meanwhile, melt the butter in a pan over a medium heat. Stir in the flour and cook for 2 mins. Add the milk, whisking constantly, then slowly bring to the boil, stirring often, until sauce thickens. Remove from the heat, add the mustard and season well.

3 Heat the grill to medium. Drain the pasta and peas, then return to the pan and stir in the tuna, spring onions, sweetcorn and sauce. Tip into a shallow baking dish, top with the cheddar and cook under the grill for 5 mins or until golden and bubbling.

PER SERVING 655 kcals, protein 41g, carbs 55g, fat 30g, sat fat 15g, fibre 4g, sugar 11g, salt 1.7g

Apple & cornflake pots

SERVES 4 • PREP 15 mins • COOK 10 mins **Easy** Good source of vitamin C and folate, counts as 2 of 5-a-day

800g/1lb 12oz Bramley apples, peeled and sliced
3 tbsp golden caster sugar
2 tbsp golden syrup
25g/1oz butter
85g/3oz cornflakes
200ml/7fl oz low-fat crème fraîche

1 Put the apples, caster sugar and 3 tbsp water in a pan and cook over a medium heat, stirring occasionally, for 10 mins until softened.

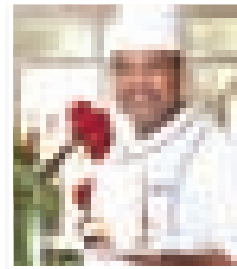
2 Divide mixture between 4 glass tumblers and leave to cool. Meanwhile, heat the golden syrup and butter in a large bowl in the microwave for 1 min to melt. Add the cornflakes and stir well to coat.

3 Top the cooled apple with the crème fraîche, then divide the cornflake mix between the glasses.

PER SERVING 372 kcals, protein 4g, carbs 60g, fat 13g, sat fat 8g, fibre 3g, sugar 44g, salt 0.8g

Buttery pecan delight

A dessert filled with creamy flavours and crispy textures, this treat from Pastry Chef Anura Kumara Silva of Kempinski Hotel & Residences Palm Jumeirah is a melt-in-the-mouth delight. Enjoy with a scoop of butter pecan ice cream



Chef Anura Kumara Silva

“A dreamy, buttery pecan delight with delicious textures and flavours”

Filled coconut cannoli with butter pecan ice cream

2pc coconut cannoli
1 quenelle of butter pecan ice cream
caramel sauce, for dressing
raspberry coulis
assorted wild berries
icing sugar
crushed roasted pecan nut
chocolate mousse filling
cream cheese delight filling
135g bittersweet chocolate

Cream cheese delight filling

150g cream cheese
65g sugar
30g cashew nut
1g vanilla extract
6g orange segment

1. To create the cream cheese delight filling beat the cream cheese with the sugar until it forms a creamy consistency. Add the cashew nut, vanilla extract and the orange segment.

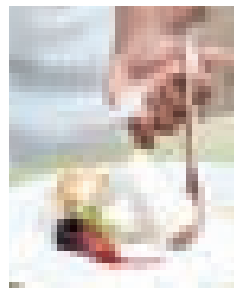
2. Delicately pipe one cannoli with the cream cheese delight filling and the other with pre-prepared chocolate mousse.

3. Arrange the two filled cannoli: one leaning gently on the other. Garnish with raspberry coulis, assorted wild berries, a piece of chocolate, a mint leaf, icing sugar and crushed roasted pecan nuts.

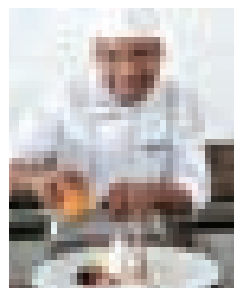
4. Place a nice big scoop of butter pecan ice cream next to the dessert, drizzle with a little melted caramel and a grate of orange zest.



1 Choose flavours that complement each other. The butter pecan ice cream goes beautifully with this dessert.



2 Plate up like a professional with drizzles of caramel and delicate positioning.



3 The orange zest makes this dessert truly sing, enhancing the creamy flavours.



BUTTER PECAN

The all-time American favourite!
A rich and creamy premium butter pecan flavoured ice cream with pieces of delicious butter roasted pecan nuts.

Simple sides

Your fast-food family favourites – all low fat! Recipes CASSIE BEST Photograph DAVID MUNN



Baked skinny fries

Serves 4 ● PREP 10 mins ●
COOK 40 mins **Easy** **V** **GF** Low fat,
good for you

- 1 tbsp vegetable oil
- 2 tsp fine cornmeal or polenta
- ½ tsp paprika
- ¼ tsp garlic powder
- 2 large potatoes, cut into 1cm-thick chips

Heat oven to 200C/180C fan/gas 6. Pour the oil onto a baking tray and put in the oven for 3 mins. Mix the cornmeal or polenta, paprika and garlic powder together and season. Toss the chips in the mix, then tip onto the tray. Shake well, then cook for 40 mins, shaking halfway through, until crisp and golden.

PER SERVING 118 kcals, protein 3g, carbs 20g, fat 3g, sat fat none, fibre 2g, sugar 1g, salt none

Superhealthy slaw

Serves 6 ● PREP 15 mins ● NO COOK
Easy **V** **GF** Low fat

- ½ Savoy or white cabbage, quartered, cored and shredded
- 1 apple, cored and grated
- 2 carrots, cut into matchsticks
- ½ red onion, finely sliced
- 100g pot fat-free Greek yogurt
- juice ½ lemon
- 2 tsp cider vinegar
- 2 tsp Dijon mustard



Mix the cabbage, apple, carrots and onion in a large bowl. In a separate bowl, mix the yogurt, lemon juice, vinegar and mustard. Season, then pour over the vegetables. Give everything a good stir to coat in the dressing and eat immediately, or chill until you are ready to serve.

PER SERVING 45 kcals, protein 2g, carbs 8g, fat 1g, sat fat none, fibre 2g, sugar 7g, salt 0.3g

Crispy Cajun onion rings

Serves 4 ● PREP 10 mins ●
COOK 30 mins **Easy** **V** **GF**
Low fat, good for you

- 50g/2oz plain flour
- 1 large onion, cut into 1cm slices, rings separated
- 2 egg whites
- olive oil, for greasing
- 2 tsp Cajun seasoning
- 100g/4oz breadcrumbs

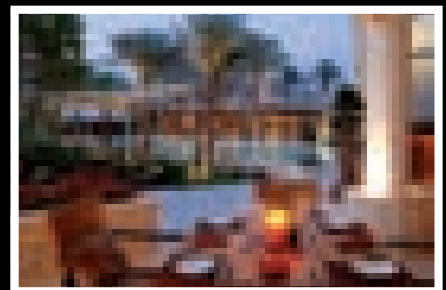
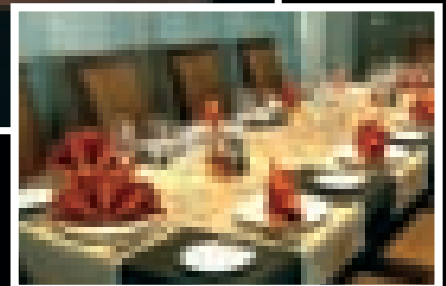
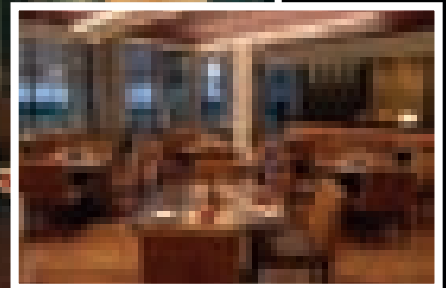
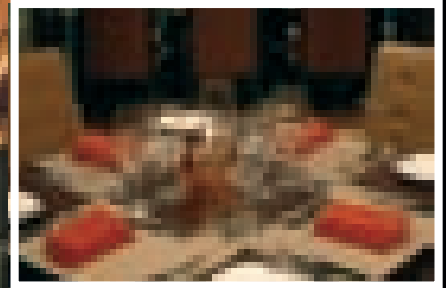
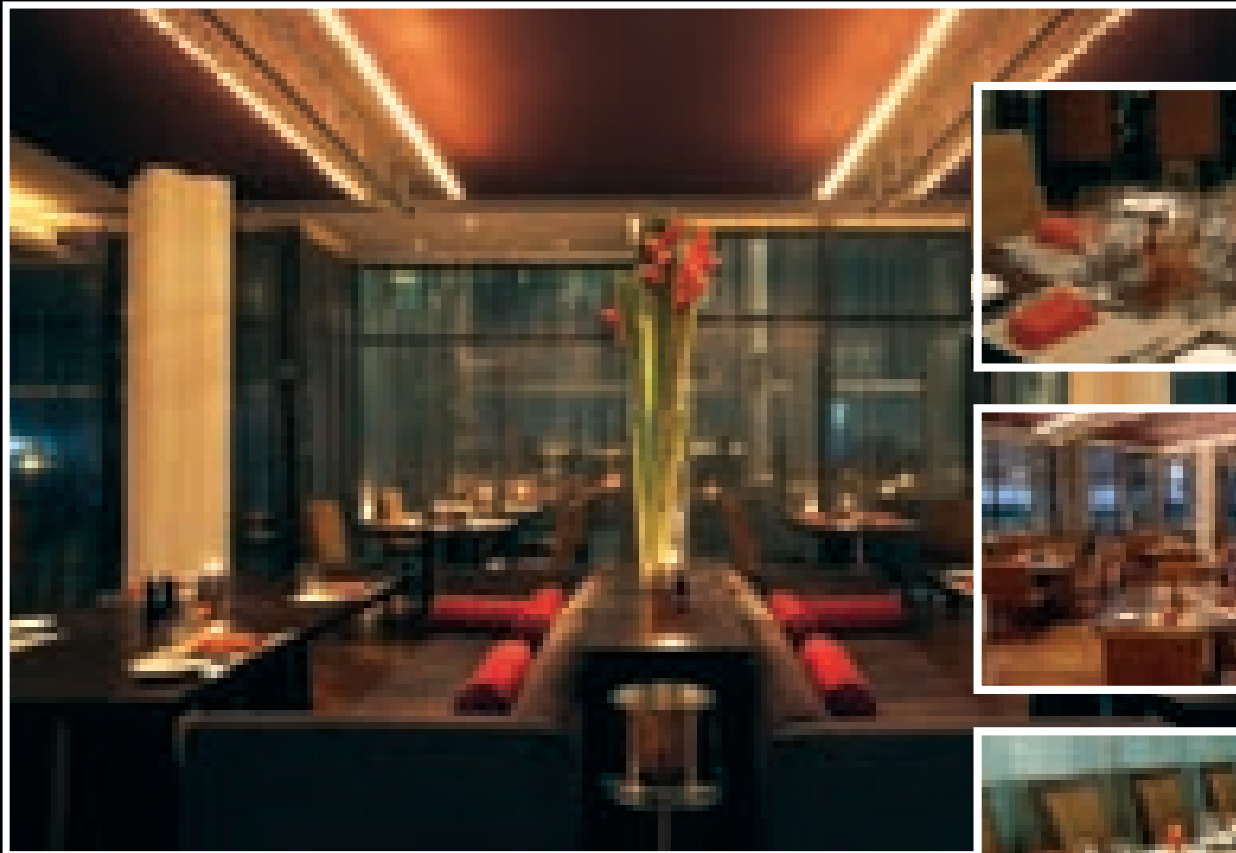
1 Heat oven to 200C/180C fan/gas 6. Put the flour in a large sealable plastic bag. Season, then tip in the onion and shake well. Whisk the egg whites until foamy, add the onions and stir to coat. 2 Lightly oil a baking sheet. Add the seasoning and breadcrumbs to the bag; then, working in batches, add the eggy onion rings and coat in the crumbs. Arrange onion rings, in a single layer, on the baking sheet and cook for 25-30 mins, turning halfway through, until the onion is tender and the crumbs are golden.

PER SERVING 158 kcals, protein 7g, carbs 32g, fat 1g, sat fat none, fibre 2g, sugar 4g, salt 0.6g



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Recipes JEMMA MORPHET Photographs WILL HEAP

Tuna & sweetcorn slice
recipe on page 28

Food styling VAL BARRETT | Styling SUE ROWLANDS

Hearty vegetable pie

SERVES 4 ● PREP 15 mins ● COOK 45 mins **Easy** **V** **GF** Low fat, low calorie, good source of fibre, vitamin C and folate, counts as 5 of 5-a-day

2 tbsp olive oil
2 onions, sliced
1 tbsp flour
300g/11oz (about 2 large) carrots, cut into small batons
½ cauliflower, broken into small florets
4 garlic cloves, finely sliced
1 rosemary sprig, leaves finely chopped
400g can chopped tomatoes
200g/7oz frozen peas
900g/2lb potatoes, cut into chunks up to 200ml/7fl oz milk

1 Heat 1 tbsp of the oil in a flameproof dish over a medium heat. Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins. Add the

carrots, cauliflower, garlic and rosemary, and cook for 5 mins, stirring regularly, until they begin to soften.

2 Tip the tomatoes into the vegetables along with a can full of water. Cover with a lid and simmer for 10 mins, then remove the lid and cook for 10-15 mins more, until the sauce has thickened and the vegetables are cooked. Season, stir in the peas and cook for 1 min more.

3 Meanwhile, boil the potatoes for 10-15 mins until tender. Drain, then place back in the saucepan and mash. Stir through enough milk to reach a fairly soft consistency, then add the remaining olive oil and season.

4 Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface. Place under the grill for a few mins until the top is crisp golden brown.

PER SERVING 388 kcals, protein 15g, carbs 62g, fat 8g, sat fat 2g, fibre 11g, sugar 18g, salt 0.3g



Cheesy leek & bacon pasta

SERVES 4 ● PREP 10 mins ● COOK 20 mins **Easy** **GF** Counts as 1 of 5-a-day **P**

1 tbsp olive oil
300g/11oz leeks, halved and finely sliced
8 rashers smoked streaky bacon, sliced
400g/14oz pasta shapes (we used penne)
100g/4oz herb & garlic soft cheese (we used Boursin)

1 Heat the oil in a large non-stick frying pan. Add the leeks and 2 tbsp water, and cook for about 10 mins until very soft. Add the bacon, turn up the heat and fry until cooked.

2 Meanwhile, cook the pasta following pack instructions. Drain and reserve a mug of the cooking water.

3 Spoon cheese into the leek and bacon mix, adding some of the reserved cooking water. Season and stir gently over a low heat until melted. Toss through the cooked pasta, adding a little more cooking water, if needed, to help the sauce coat the pasta.

PER SERVING 556 kcals, protein 23g, carbs 76g, fat 18g, sat fat 7g, fibre 4g, sugar 4g, salt 1.5g





Smoky Mexican meatball stew

SERVES 4 ● PREP 10 mins ● COOK 35 mins **Easy** Counts as 3 of 5-a-day

1½ tbsp olive oil
1 large onion, finely chopped
400g/14oz beef mince
50g/2oz fresh white breadcrumbs
1 tsp each ground cumin and coriander
1½ tbsp chipotle paste
200g/7oz basmati rice
400g can chopped tomatoes
400g can kidney beans, drained and rinsed
small handful coriander, to serve

1 Heat 1 tbsp of the oil in a large frying pan. Cook the onion for 8-10 mins until soft, then remove from the pan.

2 Meanwhile, place the mince, breadcrumbs, spices and chipotle paste in a bowl, season generously and mix thoroughly. Roll mixture into 20 walnut-sized meatballs. Add the remaining oil to the pan and fry the meatballs for about 8 mins until brown all over.

3 Meanwhile, cook the rice following pack instructions. Return the onion to the pan, adding the tomatoes, as well as a can full of water. Simmer for 5 mins, then add the kidney beans and cook for a further 10 mins, until the sauce has thickened and the meatballs are cooked through. Season the meatballs, scatter with coriander and serve with the rice.

PER SERVING 577 kcals, protein 30g, carbs 60g, fat 22g, sat fat 8g, fibre 4g, sugar 8g, salt 1.1g



Tuna & sweetcorn slice

SERVES 4 ● PREP 5 mins ● COOK 25-30 mins **Easy**

320g pack ready-rolled puff pastry
185g can tuna in spring water, drained and flaked
325g can sweetcorn, drained
3 tbsp crème fraîche
50g/2oz cheddar, grated
a few chives, snapped to 1cm lengths

1 Heat oven to 220C/200C fan/ gas 7. Lay the pastry out on a baking sheet. Pinch up the edges to form a border, pressing firmly into the corners. Prick the centre all over with a fork and pop in the oven for 10-15 mins.

2 Meanwhile, mix the tuna and sweetcorn in a bowl and season.

3 Remove the pastry from the oven, pressing the centre down with the back of a fork, as it will have puffed up a bit. Spread the crème fraîche across centre, spoon the tuna mix on top, then sprinkle over the cheese. Bake for 10-15 mins more, until golden, puffed up and cooked through. Sprinkle with chives and cut into quarters.

PER SERVING 463 kcals, protein 18g, carbs 29g, fat 30g, sat fat 16g, fibre 1g, sugar 2g, salt 2.6g



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Mum's foolproof family meals



Homely dishes everyone will love - all made with everyday ingredients



New-style burger & chips

Italian-style chicken burger & chips

SERVES 4 • PREP 10 mins

• COOK 20 mins  

500g pack ready-cooked polenta

2 tbsp olive oil

2 chicken breasts

25g/1oz dried breadcrumbs

25g/1oz Parmesan

125g ball mozzarella

4 burger or ciabatta buns, lightly toasted

salad leaves, sundried tomatoes
and fresh basil pesto, to serve

1 Heat oven to 200C/180C fan/gas 6. Cut the polenta into thick chips and rub all over with a little oil. Spread out over a baking sheet and cook for 20 mins until golden. Cut each chicken breast in half, lightly flatten using a rolling pin or heavy can, then rub all over with oil. Spread the breadcrumbs and Parmesan out on a plate, then dip in the chicken to coat.

2 Place the chicken on another baking sheet and cook for 10-12 mins until just crisp and cooked through. Place a mozzarella slice on top and return to the oven until starting to melt. Pile the burgers onto buns with some salad leaves, tomatoes and a dollop of pesto. Serve with the polenta chips.

PER SERVING 495 kcals, protein 33g, carbs 54g, fat 18g, sat fat 7g, fibre 4g, sugar 4g, salt 2.08g



Cajun chicken & chunky bean salsa

SERVES 2 • PREP 20 mins • COOK 10 mins **Easy** High in fibre, good source of iron, vit C and folic acid, counts as 4 of 5-a-day

2 boneless, skinless chicken breasts
½ tsp olive oil
1 tbsp Cajun seasoning (we used Bart)
FOR THE SALSA
400g can pinto beans,
rinsed and drained
2 red peppers, diced
1 avocado, diced
2 spring onions, sliced
1 tbsp olive
juice 1 lemon
handful coriander, chopped

1 To make the salsa, tip the beans, peppers, avocado and spring onions into a bowl. Season, dress with the olive oil and lemon juice, then set aside.
2 Lay the chicken on a board and bash a bit to flatten them out slightly. Place in a dish, drizzle with olive oil, then coat with the Cajun seasoning. Heat a griddle pan, then cook chicken for 5 mins on each side, until cooked all the way through. Stir coriander through the salsa just before serving. Serve the chicken either whole or sliced.

PER SERVING 579 kcals, protein 48g, carbs 45g, fat 24g, sat fat 3g, fibre 16g, sugar 11g, salt 0.4g



Our healthiest-ever roast chicken

SERVES 6 • 1 hour 20 minutes + resting **Easy**

chicken 1, approx 1.5kg, at room temperature
lemons 3, 1 zested
olive oil
onion 1, quartered
garlic 4 whole cloves
thyme a small bunch
rosemary a small bunch
watercress to serve

1 Heat the oven to 200C/fan 180C/gas 6. Loosen the skin of the chicken away from the breast and rub the lemon zest over the flesh. Smooth the skin back over. Quarter the zested lemon and put

in the cavity with half the thyme and rosemary. Rub a tsp of olive oil over the skin and season.


2 Put the onions, garlic and the rest of the herbs in the bottom of a roasting tin and add a mugful of water. Put a rack on top of the tin and sit the bird on top. Roast for 1 hour 15 minutes then take out and rest under foil for 30 minutes.

3 Strain the juices from the tin into a gravy separator. Allow to settle then pour off the juices leaving the fat behind.

4 While the chicken is resting, halve the lemons and griddle or cook in a non-stick frying pan until golden and caramelised. Serve the chicken on a platter with watercress, griddled lemons and a jug of the pan juices.

PER SERVING 347 kcals, protein 32g, carbs 3g, fat 23g, sat fat 6.3g, fibre 0.5g, salt 0.3g

Crisp chicken bites

SERVES 4 ● PREP 10 mins ●
 COOK 10-15 mins **Easy**  Good for you
Using pesto adds flavour and means you don't have to worry about dipping the chicken in flour and egg before coating with crumbs.

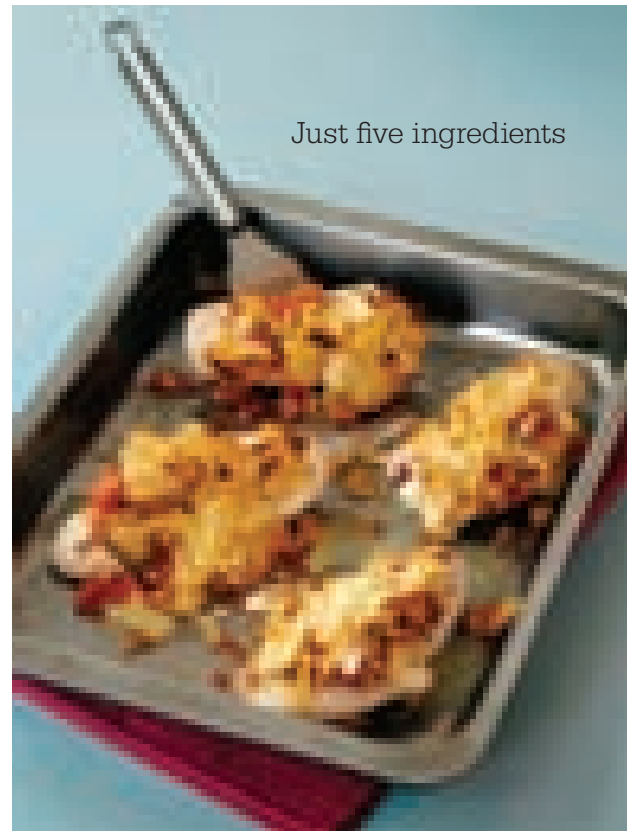
4 boneless, skinless chicken breasts
6 tbsp red pesto
3 large handfuls dried or fresh breadcrumbs (about 300g/10oz)
drizzle olive oil

1 Cut chicken breasts into small chunks, (roughly 15 pieces per breast). Put the pesto in a bowl and mix together with the chicken until coated all over. Tip the breadcrumbs into a large freezer bag.

2 Add the chicken pieces in batches to the bag and give it a good shake to coat. Place a piece of greaseproof paper on a baking sheet, then lay the chicken pieces on the sheet, making sure none of them are touching. Put in the freezer and, when frozen solid, take off the baking sheet and store in a container or freezer bag.

3 To cook, heat oven to 220C/200C fan/ gas 7. Pour a little oil onto a shallow baking tray. Heat tray the oven for 5 mins. Tip on the chicken, then return to the oven for 10-15 mins until chicken is crisp and cooked through. Serve with some oven chips and salad leaves.

PER SERVING 195 kcals, protein 16g, carbs 20g, fat 7g, sat fat 2g, fibre 1g, sugar 1g, salt 0.65g



Chicken nacho grills

SERVES 4 ● PREP 5 mins ● COOK
 15-20 mins **Easy** 

30g bag tortilla chips
4 boneless, skinless chicken breasts
200g tub fresh spicy tomato salsa
150ml pot soured cream
handful grated mature cheddar

1 Heat oven to 200C/180C fan/gas 6. Crush the tortilla chips. Put the chicken breasts on a non-stick baking tray, season, then slash each 3 times with a knife. Spoon 1 tbsp of salsa and 1 tbsp soured cream on top of each.

2 Sprinkle the chips over the chicken, then the cheese. Roast for 15-20 mins until the topping is melting and golden.

PER SERVING 326 kcals, protein 39g, carbs 12g, fat 14g, sat fat 7g, fibre 1g, sugar 4g, salt 1.91g

TRY IT IN TACOS

Spicy chicken tacos

Cube the **chicken**, then fry for 5 mins until golden. Toss with **salsa** and stuff into warmed **taco shells**. Dollop on **soured cream** and sprinkle with some **cheese** and **shredded lettuce**.



Spicy chicken & bacon pasties

SERVES 4 • PREP 15 mins • COOK 15 mins **Easy**

- 2 rashers streaky bacon, chopped
- 1 large potato (about 250g total weight), peeled and cut into small cubes
- 1 small red chilli, deseeded and finely chopped
- 1 ready-cooked chicken breast, shredded
- 3 spring onions, thinly sliced
- 375g pack ready-rolled puff pastry
- 2 tbsp milk

1 Heat oven to 220C/200C fan/gas 7. Fry the bacon in a non-stick pan over a medium heat for a few mins, until it starts to release its fat. Add the potato, turn up the heat and fry for 5 mins, stirring occasionally, until the bacon is crisp and the potato just underdone. Add the chilli and cook for a further min. Season generously with black pepper and salt.

2 Tip into a bowl and mix with the shredded chicken and spring onions. Unroll the pastry and, with a rolling pin, roll out until it's large enough to cut out 4 circles of pastry, using a large saucer or a side plate as a guide. Lift circles onto a baking sheet.

3 Spoon the filling into the middle of each circle. Brush the edges of the pastry with a little milk, then bring them up to the middle, pinching at the top to make a pasty. Brush with a little more milk, then bake for 15 mins or until golden.

PER SERVING 439 kcals, protein 17g, carbs 42g, fat 24g, sat fat 9g, fibre 1g, sugar 2g, salt 1.06g



Pack up leftovers for lunch the next day

West Indian chicken curry

SERVES 4 • PREP 5 mins • COOK 20 mins **Easy**

- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 tbsp curry powder
- 1 tsp oil
- 1 large sweet potato, peeled and cut in small chunks
- 4 bonless, skinless chicken breasts, chopped into chunks
- 400g can coconut milk
- 100g cherry tomatoes
- a few coriander sprigs (optional)

Cook the onion and garlic in 1 tsp of oil for 5 mins. Season, then stir in the curry powder. Cook for 1 min more, then add the potato and chicken. Pour in the coconut milk. Simmer for 10-12 mins, then add the tomatoes and simmer for 2 mins. Serve with wedges of lime and sprinkled with coriander, if you like

PER SERVING 417 kcals, protein 38g, carbs 26g, fat 19g, sat fat 15g, fibre 5g, salt 0.67g



Salsa chicken & cheese tortillas

SERVES 2 ● PREP 10 mins ● COOK 10 mins **Easy**

You can buy packs of tortillas with quite a decent shelf life – they're a good storecupboard standby.

4 tbsp hot salsa, from a jar
2 large flour tortillas, seeded or plain
220g can kidney beans, drained and roughly mashed
1 spring onion, chopped
50g/2oz leftover roast chicken, shredded
85g/3oz grated mature cheddar
½ x 30g pack coriander, leaves chopped
oil, for brushing

1 Spread 2 tbsp salsa onto each tortilla, then evenly top one of them with the beans, spring onion, chicken and cheddar. Scatter with coriander, if you have it. Sandwich with the other tortilla, then brush with oil.

2 Heat a large non-stick frying pan, then cook the tortilla, oil-side down, for 4 mins. Carefully turn over with a palette knife (or by turning it out onto a plate, sliding it back into the pan), then cook for 2 mins on the other side until golden. Serve cut into wedges.

PER SERVING 533 kcals, protein 27g, carbs 44g, fat 29g, sat fat 12g, fibre 6g, sugar 7g, salt 3.18g

Sticky chicken stir-fry with sesame seeds

SERVES 2 ● PREP 10 mins ● COOK 10 mins **Easy**

2 blocks dried egg noodles (about 125g)
1 tsp sunflower oil
2 chicken breasts, sliced into strips
3 large carrots, cut into matchsticks
2 tbsp clear honey
juice 2 limes
3 tbsp sesame seeds, toasted
small bunch coriander, roughly chopped

1 Cook the noodles following pack instructions, then drain. Meanwhile, heat the oil in a large wok, add the chicken, then stir-fry over a high heat for a few mins. Tip in the carrot sticks, then continue stir-frying for about 4 mins until the chicken is cooked and starting to brown.

2 Quickly stir in the honey and lime juice, bubble for 30 secs, then add the sesame seeds and cooked noodles. (It's easier to use tongs at this stage to mix everything together.) Briefly warm everything through, then toss in the coriander before serving.

PER SERVING 792 kcals, protein 53g, carbs 114g, fat 17g, sat fat 2g, fibre 9g, sugar 28g, salt 2.1g

Ready in a flash





Roast chicken drumsticks with parsley & garlic

SERVES 4 • PREP 10 mins • COOK 45 mins **Easy**

- 1 tbsp olive oil
- 4 tbsp butter
- 12-16 chicken drumsticks
- 3 garlic cloves, finely chopped
- 2 tbsp parsley, chopped
- 1 tbsp lemon juice

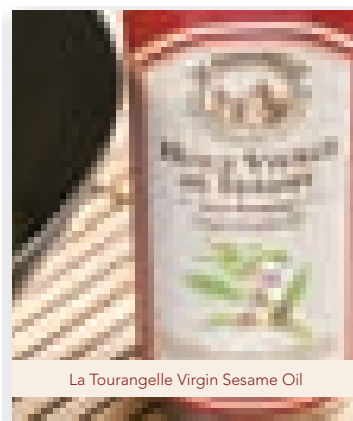
1 Heat a large, heavy-based lidded casserole or frying pan over a moderate heat. Add the oil and half the butter. Generously season the drumsticks with some salt and pepper. When the butter is foaming, add drumsticks, then fry until lightly browned all over.

2 Cover the casserole with a lid and leave drumsticks to gently fry for 20-25 mins, turning regularly. Remove lid and add the remaining butter, along with the garlic, parsley and lemon juice. Take the casserole off the heat and leave the flavours to infuse for a few minutes before serving.

PER SERVING 373 kcals, protein 33g, carbs 1g, fat 27g, sat fat 12g, fibre none, sugar none, salt 0.7g

Sesame stirfry!

Naturally filled with antioxidants, sesame oil is not only nutritious but it adds a lovely flavour to Asian cooking. Here is a healthy vegetarian stirfry using La Tourangelle Virgin Sesame Oil



Sesame & honey tofu with rice noodles

SERVES 4 • PREP 15 mins • COOK 30 mins **Easy** Low fat

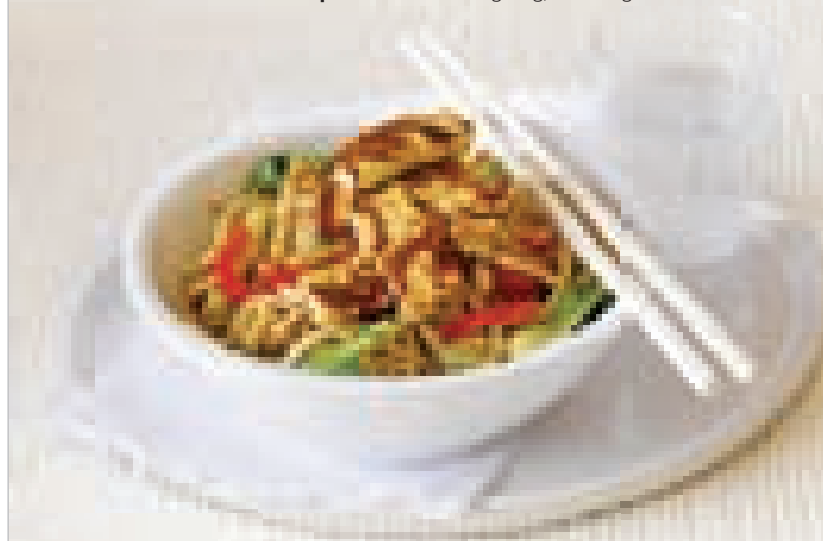
- 2 tbsp toasted sesame oil
- 396g pack firm tofu, cut into 1 x 3cm sticks, patted dry
- 150g/5½oz dried brown rice noodles
- 1 tbsp tamari (gluten-free soy sauce)
- 2 tsp Chinese five-spice powder
- 1 tbsp clear honey
- 1 red pepper, thinly sliced
- 1 bunch spring onions, cut into fingers
- 2 heads pak choi (about 200g/7oz), washed and leaves separated

1 Heat half the oil in a frying pan over a medium heat. When hot, add the tofu and cook for 5 mins on one side. Turn, then fry for another 3 mins. Continue cooking for 10 mins more, turning regularly – make sure you scrape up any bits that are stuck. Don't worry if it falls apart a little, these pieces become crispy. Remove to a plate and keep warm.

2 Meanwhile, cook the noodles following pack instructions. Drain and set aside. Make the dressing by mixing ½ tbsp of the remaining oil with the tamari, five-spice powder and honey.


3 Heat the final ½ tbsp oil in the pan and cook the pepper for 1 min, then add the onions and pak choi. Toss together for 3 mins, until wilted. Add noodles and half the dressing and mix well. Heat through and divide between 4 bowls. Top with the tofu and drizzle remaining dressing over.

PER SERVING 297 kcals, protein 12g, carbs 40g, fat 11g, sat fat 2g, fibre 3g, sugar 9g, salt 1.22g



5 ways with chicken thighs

Lemon & five-spice chicken

SERVES 4 EASILY DOUBLED ● PREP 5 MINS ● COOK 20 MINS **Easy** 

2 lemons
3 tbsp light muscovado sugar
thumb-sized piece ginger, shredded
(no need to peel)
2 garlic cloves, crushed
5 tbsp soy sauce
½ tsp Chinese five-spice powder
splash dry Sherry or dry white wine
8 chicken thighs

1 Juice 1 lemon and cut the other into slices. Put in a large food bag along with remaining ingredients and shake well to coat. Leave for 10 mins (or up to 24 hrs if making ahead).

2 Heat the grill to high or fire up the barbecue. Lift the chicken out of the marinade, shake off excess, then cook under a grill or on a barbecue for 20 mins, spooning over the marinade every few mins. Turn occasionally, until cooked through and dark golden brown. Great served with new potatoes and a green salad.

PER SERVING 493 kcals, protein 50g, carbs 7g, fat 30g, sat fat 9g, fibre none, sugar 7g, salt 2.25g

Garlic & rosemary chicken for 4

Follow recipe above, but change marinade to **3 crushed garlic cloves**, **2 tbsp olive oil**, **2 tbsp white wine**, **1 tsp chopped rosemary** and some seasoning.

Indian wraps for 4

Chop up a pack of **6 skinless, boneless chicken thigh fillets** and marinate in **250ml Greek yogurt** mixed with **2 tbsp tikka curry paste**. Leave in the fridge for up to 24 hrs, then lift from the marinade and grill for 8-10 mins, turning halfway, until lightly charred and cooked through.

Serve in **4 flatbreads** with a **handful of rocket**, a **dollop of mango chutney**, **raita** and some **coriander leaves**.

Crispy chicken for 1

Flatten two boneless **thigh fillets** by placing under a layer of cling film and bashing out with a rolling pin. Dust in a **little seasoned flour**, then dip in a **beaten egg**. Coat in a **handful of dried breadcrumbs**, then grill for 2-3 mins each side until crispy and cooked through. Serve with **oven chips**, **salad** and **mayonnaise**.

Italian chicken tray bake for 4

Heat the oven to 200C/180C fan/gas 6. Arrange **6 chicken thighs**, skin side up, in a medium roasting tray, tuck in **250g halved new potatoes**. Brush the tops of the chicken with some **oil**, **salt** and **pepper**.

Pour in **150ml chicken stock**, roast for 30 mins, add a **handful cherry tomatoes**, then cook for 15 mins more. Remove and scatter over some **basil leaves**, **100g pitted olive** and some **shaved Parmesan**. Serve with **green beans** and **crusty bread**.

BBQ or cook under the grill

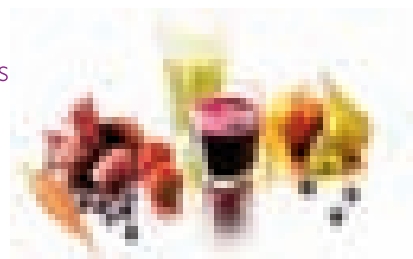




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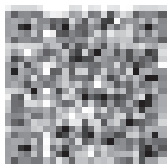
The powerful 800W motor with two speeds makes juicing soft and hard fruit or vegetables very easy. Thanks to the extra-large feeding tube, your fruit and vegetables simply fit in without the need to pre-cut! Simply juice whole apples, carrots and even beetroots in an instant and make up to 2.5 litres of juice in one go without having to empty the pulp container. You can even use the spout accessory to juice directly into a glass and prevent splashing on the countertop. To keep your kitchen clean, just activate the drip stop to easily prevent the juicer from dripping.

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See how easy juice can be!



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*Compared to Philips' No. 1 juicer HR1861

GoodFood Awards 2012

An awards night to remember

The second annual BBC Good Food AWARDS took place on 25 February 2012 at the Ritz Carlton DRC. A fantastic night of fun entertainment, delicious food and the announcement of the winners. Here are some of the highlights.

The lounge bar/livest at the gorgeous Ritz Carlton DRC was packed with over 400 guests at the second annual BBC Good Food AWARDS, with some of the UK's top chefs, restaurateurs and food & beverage professionals in attendance. The lounge featured both cooking at home and dining out and the awards recognised the UK's favourite places to shop and ingredients brands to buy as well as celebrated the top dining experiences the nation has to offer.

The theme for the event was March Days and right from the moment guests stepped into the Ritz Carlton the festive party spirit was felt through the vibrant colours, flowers and

food decoration and the ideal join tables meandering through the pre function area, where twinkling white candles and ribbons were lit.

After the pre function mingling guests were escorted into the ballroom, where guests were entertained with March Day music and bright beamed down for the guests. The MC, Miranda Jackson host the proceedings of the evening welcoming the surprise guest star the chef/musical duo and CEO of CPM and the publisher of BBC Good Food MAG, Doreen, Jay Stone and the CPM team who entertained the audience with the highlights of March Day.

Best cheese



Best burger



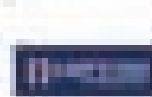
Best beer



Best hot drink



Best ready cooked



Best ready cooked



Best ready cooked



Best ready cooked



Best ready cooked

Best ready cooked



Best ready cooked



Best ready cooked



Here is the list of the winners...

DINING CATEGORIES

In the Dining Categories, readers of *TIME* contributed requests and the most dining public, of the kind, vote in their nominations in the various categories. Those who received the most consumer nominations got into the finals. From there, our panel of independent, professional judges dined out anonymously at each of the restaurants and made their final decisions based on objective criteria.

BEST EUROPEAN

THE FINALISTS...

Wilmington Grill, Cook in Dover

La Petite Maison, NYC

Rhodan Mediterranean, Providence Rhode

Refettorio per Paolo Capponi, Providence

Restaurant Lebel, Providence City

The winner is **Rhodan Mediterranean**

Providence Rhode Island

BEST MENA

(Middle East and North Africa)

THE FINALISTS...

Essence, The Palace + The Old Town

Al Nakhara, Cook in Dover

Shabestan, Restaurant The Palace + The Old Town

Al Nakhara, Providence Rhode Island

The winner is **Al Nakhara**

Providence Rhode Island

BEST CAFE

THE FINALISTS...

More Caffe, Dover

Luna Five Caffe, Dover

Jones the Smoker, New York

Stonemasonry Caffe, New York

The winner is **Jones the Smoker**

BEST JAPANESE

THE FINALISTS...

Benjaming, Cook in Dover

Soma, NYC

Osaka, The Smoker + Dover

Makasan, Providence Rhode Island

Blue Shepherd, Al Nakhara + Dover

The winner is **Osaka, The Smoker + Dover**

BEST MEDITERRANEAN

THE FINALISTS...

WOL, Rhode Island + Dover

The Greek Restaurant, Providence Rhode Island

Medina, Cook in Dover

The winner is **WOL, Rhode Island + Dover**

BEST FINE CASUAL DINING

THE FINALISTS...

Carfaxia's, Dover

Ping Pong, The Palace + The Old Town

The Smoker House, Dover

The winner is...

Ping Pong, The Palace + The Old Town

BEST BRUNCH

THE FINALISTS...

Al Qura Hotel, Medina + Dover

Shabestan, Providence Rhode Island

Makasan, The Smoker + Dover

The winner is **Shabestan**

Providence Rhode Island

BEST LATIN AMERICAN

THE FINALISTS...

Mega, La Playa + The Smoker + Dover

Essence, The Palace + The Old Town

La Petite, Providence Rhode Island

Refettorio, Rhode Island + Dover

The winner is **La Petite**

Providence Rhode Island

BEST STEAKHOUSE

THE FINALISTS...

NY's Steakhouse, The Smoker + Dover

Butler's Club + Dover House, The Smoker + Dover

Prime Steakhouse, Medina

Rhodan TwentyTwo, La Playa + Dover

The winner is...

NY's Steakhouse, The Smoker + Dover

BEST INDIAN RESTAURANT

THE FINALISTS...

Chai Bazaar, The Smoker + Dover

Indigo By Vines, Providence Rhode Island

Al Qura Hotel, Dover

Mega, La Playa + Dover

The winner is **Indigo By Vines**

Providence Rhode Island



The three most coveted awards...

The Chef of the Year (comping is new to this year's 2011 Grand Food All Awards)
Consumer satisfaction revealed our four favorite chefs...

Head Chef Marc Adams, Table 8, Wilson Culter (Jamaica Center)
Executive Chef Paul de Vriesen, Mofro Clinic (Westchester)
Chef de Cuisine Norimasa Furukawa, Diner Three Dishes
Executive Chef Kent Kim (Jamaica, Jamaica, JNC)

These chefs participated in a grueling "mystery box" challenge where they had to create a four-course meal in 60 minutes using almost all of the ingredients in the box, as well as ingredients from the pantry list. The event was held at The Jamaica Business of Hospitality Management, and it was a challenging, but exciting competition, where chefs and judges were fed a lot of fun. The judges were not just chefs, but also chefs, and they determined their favorites according to creativity, presentation, flavor and more.

The winner of Chef of the Year 2011 is Executive Chef Kent Kim (Jamaica, Jamaica)

Best New Restaurant

For a restaurant that opened within the last year and is leading the way in the industry, the restaurant came in terms of concept, food quality, service and atmosphere.

The winners are...

**Mark Park, Executive House Officer, Two
Wine by Marcia Adams, Executive The House
Off, Executive Culter (Jamaica)**
Table 8, Wilson Culter (Jamaica Center)

The winner is...
Wine by Marcia Adams,
Executive The House Culter

Restaurant of the Year 2011

The most sought after accolade in the industry of the food, the Restaurant of the Year is one that has stood out exceptionally well in terms of food, service and atmosphere. The winner is also a superb and the restaurant is the best of the best of the industry.

The winners are...

Executive House Officer, Executive Culter
Wine by Marcia Adams, Executive The House
Off, Executive Culter (Jamaica)
Table 8, Wilson Culter (Jamaica Center)

The winner is...

Wine by Marcia Adams, Executive The House



Good Food Community is the future of the industry, and the winners of the year are the winners of the year. The winners of the year are the winners of the year. The winners of the year are the winners of the year.

INGREDIENTS CATEGORIES

The ingredients categories were easily consumer's choice categories, where the number and quality of the LRFs mentioned their favorite brands of ingredients to cook with as well as their favorite places to shop for their products.

The favorites in the favorite flour are...

Arbor Harvest
Bob's Red Mill
Eagle Brand
Morton

The winner is **Arbor Harvest**

Arbor Harvest

The favorites for **EGG** are...

Arbor
At Market
At Home

The winner is **Arbor Harvest**

For **EGG**, the favorites are...

At Home
At Market
At Home
Arbor

The winner is **At Home**

For **EGG**, the favorites are...

Arbor
Arbor
At Market
Arbor

The winner is **Arbor Harvest**

For **EGG**, the favorites are...

At Market
Arbor
Arbor
Arbor & Home

The winner is **Arbor & Home**

Moving to the region's favorite brands for **SAUSAGE, BAKING POWDER OR PASTA**, the favorites are...

American Garden
Arbor
Arbor Harvest
Arbor
Arbor

The winner is **Arbor**

The favorites in the best shop for **SAUSAGE** are...

Arbor
Arbor Harvest
Organic Foods & Cafe
Arbor
Arbor

The winner is **Arbor Harvest**

For **SAUSAGE**, the favorites are...

Arbor
Arbor Harvest
Organic Foods & Cafe
Arbor
Arbor
Arbor Shop & Home

The winner is **Arbor Harvest**

The favorites for best shop for **ORGANIC INGREDIENTS**...

Organic Foods & Cafe
Arbor Harvest
Arbor
Arbor
Arbor

The winner is **Organic Foods & Cafe**

The region's top shops for **EGG** are...

Arbor
Arbor
Arbor Harvest
Organic Foods & Cafe
Arbor Harvest
Arbor

The winner is **Arbor**

Favorites for the region's favorite **SAUSAGE, BAKING POWDER AND PASTA**...

Arbor
Arbor
Arbor

The winner is **Arbor**



Igniting the EMBERS

With 12 years of global experience in France, London, Canada, Egypt and Cayman Islands, Alain Gobeil recently joined The Address Dubai Mall as executive chef. *BBC Good Food ME* features some recipes from the new menu at Ember, the hotel's modern steakhouse



36-hour braised beef short ribs 🍷

FOR THE SHORT RIBS:

- 4.5 kg beef short ribs
- 3 pcs carrots
- 3 pcs onions
- 2 stalks celery
- 2 pcs leeks
- 5 pcs garlic cloves
- 1 tbsp black peppercorn
- 1 lt chicken stock
- 1 btl red wine
- 2 springs rosemary
- 4 springs thyme

FOR THE RED WINE SAUCE:

- Reserved cooking stock
- 1 tbsp violet mustard
- 1 tsp horseradish-creamed
- 1 tsp soya sauce

FOR THE SAUTÉED MUSHROOMS:

- 20 g chanterelle mushrooms
- 20 g porcini mushrooms
- 1 tsp shallots
- ½ tsp garlic
- 1 tsp butter
- ½ tsp salt
- 1 pinch pepper
- 2 pcs brussels sprouts



6 In Ember, our signature restaurant, we've changed to a new menu quite recently. The menu is wider, more of a modern steakhouse concept than before; more starters and sides, more cuts of meat. We have the classics like chateaubriand and whole Dover sole and then other fantastic cuts too, 9 says executive chef Alain Gobeil.

FOR THE POTATOES:

2 pcs fingerling potatoes
1 tsp honey mustard
½ tsp chopped parsley
1 tsp butter
4 tbsp chicken stock
1 pinch salt

FOR THE SHORT RIBS:

1. Clean beef short ribs from fat and bones from any silver skin. Dice all vegetables and put them in a deep container together with beef ribs, chicken stock and red wine. The ribs must be immersed in liquid. Leave to marinate in chiller over night. Strain the ribs, separating ribs from vegetables and reserving the liquid.
2. In a large pan, sear ribs from all sides and place in a baking pan. Sauté the vegetables until you get a golden color and add to the ribs. Add the reserved liquid, cover and cook in the oven at 75° C for 36 hrs.

3. While still hot, carefully remove the ribs from the baking pan and remove the bones. Place in a shallow container and press by applying a heavy object on top of a tray covering the meat. Leave to cool down in the chiller as it is being pressed then portion to the desired size. Strain the vegetables from the stock and reserve. Cool down the stock and remove the fat floating on top of it.

FOR THE RED WINE SAUCE:

1. Reduce the cooking stock by half. Season the stock with violet mustard, creamed horseradish and soya sauce. Reserve in the chiller.

FOR THE MUSHROOMS:

2. Clean Brussels sprouts, removing the first leaves. Pick the inner leaves apart and blanch them, refresh in ice water. Sauté mushrooms

with butter, shallots and garlic. Add chicken stock and cook and let reduce. Add the Brussels sprouts leaves and finish sautéing with a spoon of butter. Season with salt and pepper and serve hot.

FOR THE POTATOES:

1. Slowly boil potatoes until completely cooked and cool them down. Cut in half and peel potatoes. Roast in a pan with butter until golden brown, add honey mustard, chicken stock and parsley. Season with salt and pepper and glaze with a spoon of butter. For service, warm up the rib portions and glaze with red wine sauce, until they are hot and tender. Serve with sautéed mushrooms and glazed potatoes.

Tuna & Foie Gras

Recipe from Ivan Sanchez,
Chef de Cuisine of Ember

FOR THE FOIE GRAS TERRINE:

650 g foie gras
1 tsp white pepper powder
1 bottle white wine
4 pcs shallots
1 pc bay leaf
1 sprig fresh thyme
1 pc cinnamon stick
1 tsp coriander seeds
1 tsp salt

FOR THE TUNA CARPACCIO:

80 g frozen Ahi tuna fillet
½ tsp shallots
1 tsp chives
1 tbsp olive oil
1 tsp sea salt
½ pc lemon
½ tsp white pepper corn
mixed greens
brioche bread

FOR THE FOIE GRAS TERRINE:

1. Clean foie gras lobe, removing all inside veins and keep at room temperature. Chop shallots and put together with the rest of the ingredients to boil and reduce the wine mix to half. Place the foie in a terrine mold and add the wine mix while still hot.

2. Let the foie gras mixture cool to room temperature. Press the foie gras terrine over night (with a heavy object) and reserve it in the chiller.

FOR THE TUNA CARPACCIO:

1. Slice the frozen tuna lengthwise to get a long slice. Place over a plate and cover with olive oil. Sprinkle finely chopped shallots and chives over tuna, season with salt and fresh cracked white peppercorn. Squeeze fresh lemon juice over the tuna and garnish with mixed greens and toasted brioche bread. Shave foie gras terrine over salad and tuna.



CHEF'S BITES

EMBER



Rack of lamb

FOR THE RACK OF LAMB:

250g rack of lamb
5g sea salt
2g crushed pepper
1tbsp olive oil

FOR THE HERB CRUST:

1tbsp chopped parsley
1tsp chopped rosemary
1 tsp chopped thyme

FOR THE LENTIL RAGOUT:

100g du puy lentils
1 tbsp carrots
1 tsp shallots
1 tbsp celeriac
500ml chicken stock
1 tsp salt
½ tsp pepper
1pc bay leaf
2 tbsp veal Jus

FOR THE RACK OF LAMB:

Season lamb with olive oil, salt and pepper and grill to preferred doneness. Remove the bones from the rack of lamb leaving one bone for presentation.

FOR THE HERB CRUST:

Mix the chopped herbs. Spread Dijon mustard over the lamb, presentation side, then coat with the mixed herbs. Slice and serve with lentil ragout and grilled asparagus.

FOR THE LENTIL RAGOUT:

Soak Du Puy lentils for two hours in cold water. Sauté chopped onions with olive oil. Add lentils, chicken stock and bay leaf. Cook for 20 minutes and incorporate carrots and celeriac cut into brunoise (small dice). Season with salt and pepper. Before serving, reheat lentils and add chopped parsley, veal jus and butter.

Not to be missed this month at The Address Dubai Mall

CELEBRATE ST. PATRICK'S DAY

Cabana, The Address Dubai Mall's poolside venue, offers the perfect spot to put your feet up and enjoy succulent meats at a barbeque and sway to the latest beats to celebrate St. Patrick's Day. Enjoy views of Downtown Dubai and relax by the poolside.

17 March 2012, 12.30 to 16.00, AED 185 including soft beverages and AED 245 including selected beverages.

APPRECIATION AND TASTING AT EMBER GRILL & LOUNGE

Ember The Address Dubai Mall offers selected wine and food appreciation sessions. The five course menu starts tuna carpaccio with shaved foie gras terrine, followed by seared crab cakes with heirloom tomato or wild mushroom pasta. The main course offers a choice between grilled beef and short ribs or grilled salmon with jumbo prawns. Finish up with either warm apple crumble or fresh berries with coconut crumble, vanilla soup and rhubarb sorbet. This takes place every Tuesday from 19.00 to 23.00 and is priced at AED 295 including free flow of selected beverages from different regions.



The unique taste of natural cheese

Good Food at Gulfood

Gulfood, the region's largest annual food & hospitality show took place from 19 to 22 February at the Dubai International Convention and Exhibition centre. With a record of 62,000 visitors from 150 countries and 3,800 exhibitors, *BBC Good Food ME* presents three of our global culinary adventures



Sharing food in Sweden

A quick stop at the Abba Seafood stand was one of the first on our list, as we were eager to find out exactly what Swedish tapas was all about. We took part in a cooking class at the stand, which revealed how convenient and effortless it is to prepare tapas using the products. They not only tasted divine but were hassle free and quick to create too!

Swedish tapas originated due to its convenient, tasty and healthy qualities that make it a perfect mingling snack for social occasions. Abba Seafood distributes chilled, healthy and sustainable marinated herring, as well as spreads and caviars that can be used to create just about anything possible.

Abba Seafood products are available at Carrefour and Geant.

Create your own Swedish tapas party at home...

Salmon dip

Mix creamed salmon spread with natural yoghurt, add chives and squeeze lemon, salt and pepper on top. Serve on toast.

Gourmet eggs

Cut boiled eggs in halves and top with seaweed or fine grained caviar.

Tuna dip

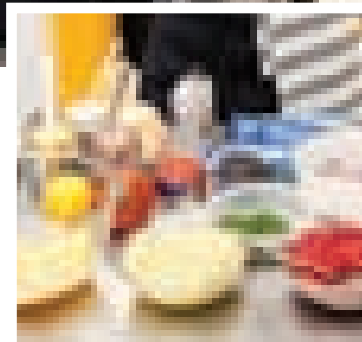
Mix tuna pate spread with yoghurt, sprinkle capers and parsley on top.

Grilled sandwich with red caviar, avocado and apple

Mix sour cream with caviar and add a sprinkle of black pepper. Fry a few slices of country bread. In another bowl, mix avocado, apple and onions and spread mixture on the bread, top with caviar mix and serve.

Herring snack

Cut rye bread into small pieces; place a piece of Abba's marinated herring on each piece of bread, garnish with herbs and serve.



“It’s amazing to see how daring people are here; they want to try something different and fresh. The visitors of the Gulfood exhibition are very experimental and we have received a tremendous response at the Abba Seafood stand,” said brand manager of export, Gabriella Lysell.



SPICE (Singapore international culinary exchange)

Chef Haikal Johari wooed guests with live cooking demonstrations of Singaporean cuisine that proved to be quite an attraction at the pavilion.

Chef Haikal Johari, one of Singapore's youngest and most celebrated chefs, gained experience at renowned restaurants, including Ember in Bangkok, Coriander Leaf Restaurant, Les Amis and the famed Pierside in Singapore. He is currently Head Chef of Water Library in Bangkok.

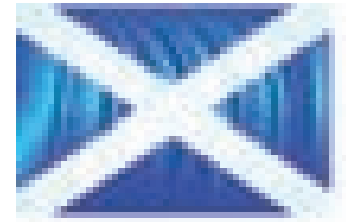
"Singapore's geographical position as the gateway to the rest of Asia combined with our diverse multicultural society has made our cuisine distinctive yet universally appealing to international palates. The menu created for Gulfood 2012 will hopefully awaken people's taste buds to these unique flavours and inspire them to create similar dishes at home," said chef Haikal Johari.

At Gulfood, chef Jaikal Johari gave a contemporary twist to signature Singaporean dishes such as Laksa, Yu

Sheng (tangy fish Carpaccio salad), which was recreated into a ceviche, Foie Gras terrine and black sesame pudding and the famous 'Singapore sling', a deconstructed cocktail which exemplifies a tropical paradise. The Singaporean favourite lamb rendang which consisted of a rack of lamb with tamarind jus and spicy cabbage, was also created to enable visitors to experience Singaporean cuisine at its best. The dish that was spicy in taste and a favourite amongst most. The dish was initially prepared for Chanel News Asia's 'The Perfect Meal', which gained chef Haikal Johari the first prize as well as the privilege of serving former Singapore president Mr. S.R. Nathan.



6 *Singapore's geographical position as the gateway to the rest of Asia combined with our diverse multicultural society has made our cuisine distinctive yet universally appealing to international palates. The menu created for Gulfood 2012 will hopefully awaken people's taste buds to these unique flavours and inspire them to create similar dishes at home,* 9 *said chef Haikal Johari.*



Fresh from Scotland

From Scottish salmon, Highland spring water to 'Taste of Arran' ice cream, oatcakes and cheese, a trip around the Scottish pavilion with 40 companies exhibiting enabled visitors to sample a variety of products while gaining an insight into the cities as well as the culture and experience of the country.



Don't miss the Good Food booth at Taste of Dubai!
Ariana Bundy will be showcasing delights
from her new cookbook *Pomegranates & Roses*
at our stand too... we hope to see you there.

Get a Taste of Dubai

Gearing up for the highly anticipated Taste of Dubai 2012 happening from 15 to 17 March 2012, *BBC Good Food ME* speaks to chefs from a few of the participating restaurants about the inspiration behind their menus



Chef James Kang, Sonamu

"My inspiration behind the menu was that when I make something I do it with the view that it will put smiles of satisfaction and contentment on their faces and that it will inspire them to come back again to the restaurant to try other dishes. This opportunity lets me get the guests to try our traditionally prepared authentic Korean food and Asian food in general which I can assure they will love and crave for more"

The menu from Sonamu, Asiana Hotel Deira

Bibimbap – rice mixed with vegetables and beef
Japchae – glass noodles with sautéed beef and vegetables
Pajeon – seafood green onion pancake
Baechu Kimchi – kimchi Cabbage
Gimbap – sesame flavoured rice rolls
Grilled beef short rib marinated with soy sauce



Chef Simon Conboy, THE IVY

"The menu has some lighter options, for example the citrus-cured sea bass and the seared scallops with caponata and onion purée. The asparagus and goat's cheese salad and the seared tuna niçoise are already proving to be popular. On a more carnivorous note, the new season lamb which appears as a main course I feel really sums up the best that is available at this time of year, and is one of my personal favourite dishes," says Simon about the new menu at The Ivy.

WHAT TO EXPECT FROM THE IVY AT THIS YEAR'S TASTE...

Bang bang chicken
Shepherd's pie
Scandinavian iced berries



Bang bang chicken

Is there a particular chef you are interested in meeting this year?

I'm looking forward to seeing the two Garys! Firstly, seeing Gary Lee again, Gary has been the head chef of The Ivy in London for the last three years and will be flying in for this year's Taste of Dubai. Secondly, I would like to meet Gary Rhodes as he really is an icon of British cooking.

An outlet you are interested in tasting at the festival?

The outlet's menu which I'm looking forward to tasting is Rivington Grill, The Ivy's sister restaurant. Rivington always has fantastic British cuisine. I'm also looking forward to sampling Toro Toro's menu; I think their style of food is interesting.



Chef Bharat, MAHEC, Le Meridien Dubai

"The inspiration behind choosing the menu was in knowing that the festival would be during cooler months. People prefer BBQ during this time as they want something cooked live and fresh, which is why we wanted to showcase the best and signature dishes of MAHEC".

Menu

Goan prawn curry
Herb marinated chicken tikka
Chettinad lamb chops



Chef you would like to meet at Taste of Dubai 2012?

Atul Kochhar

Restaurant menu you would like to taste? Zaffran

STOP PRESS!

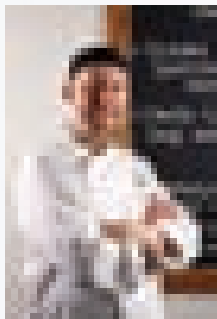
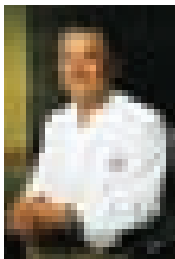
Nobu & Locatelli will be at Taste!

Coming to this year's Taste of Dubai 2012, is no one other than the king of sushi, celebrity chef Nobuyuki Matsuhisa, known as 'Nobu'.

The highly acclaimed chef born in Saitama, Japan will be making an appearance at the festival on Saturday 17 March where he will meet and greet fans as well as sign copies of his book.

"We didn't think that we could top the existing celebrity chef line-up at this year's Taste of Dubai, but getting Chef Nobu and Chef Locatelli is quite the coup and most certainly the icing on the cake" said Anju Sami, show director.

Chef Giorgio Locatelli, renowned Italian chef, will also be participating; showcasing his talent at the Philips Chefs' Theatre and Miele Cookery School. Don't miss him on 15 March from 16.20 to 19.40 and on 16 March from 16.40 onwards.



Chef Scott Stokes – Rivington Grill

"The inspiration behind the menu is really taking people back to their childhood. The starter we are serving takes me straight back to walking on a summer's day on the South coast of England, eating cockles on the pier. For mains we are serving fish and chips, a Rivington signature dish which has been one of Taste of Dubai's top selling dishes for the past four years and a traditional British dish. This year we have gone for brownie as the dessert, which is one of the best selling desserts in the restaurant"

Menu

Cockles
Fish & chips
Chocolate brownie and
Devonshire clotted cream



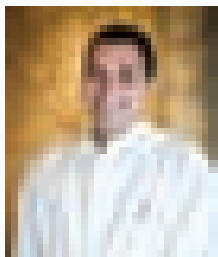
Which chef are you hoping to meet this year?

I know he's not going to be at Taste of Dubai, but I'd love to meet Heston Blumenthal because he is somewhat of a God! He is so innovative with cooking.

Which outlets menus are you interested in tasting at Taste of Dubai 2012?

I'm looking forward to trying The Ivy's menu! The Ivy is our sister restaurant and will be serving food for the first time at the festival this year, and, will be situated directly next door to us. The competition is on!

"The very best of traditional Italian cuisine has always been an inspiration for me since I first began my journey of culinary arts, hence making it easier for me to choose the menu for Taste of Dubai. Considering that Peck is a classical Milanese deli, I have selected dishes that represent Milano and also a dish that represents the region where I come from. Lasagna for instance is one of the signature dishes not only in Milan but for the entire country. I have also selected a classical dessert from Sicilia which is the cannolo. With these menus, we aim to establish Armani/Peck as the only restaurant which offers authentic and classical Milanese cuisine."



Chef Francesco, Armani Peck

Menu

Basil cress for garnish
Saffron risotto with Ossobuco
Beef Lasagna with aged parmesan fondue
Sicilian cannolo pistachio "di bronte"



Which chef are you hoping to meet this year?

I would be delighted to meet Aldo Zilli as he is from the same Southern part of Italy as I am. At the same time, I will be more than happy to meet and interact with people who will be visiting our stand.

Which outlets' menus are you interested in tasting at Taste of Dubai 2012?

The Ivy seems interesting for me as I've been hearing a lot about them. Apart from that, Japanese specialties would be something I would consider as well.

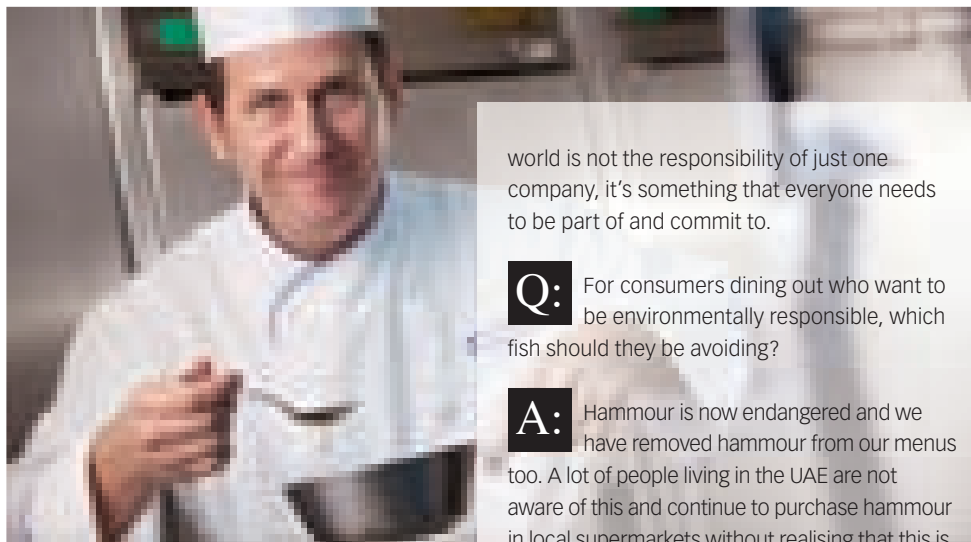


Cooking with Aarti Sequeira

Indian chef and television personality, as well as ex-Dubai resident, Aarti Sequeira will be showcasing her talent at Taste of Dubai 2012. After receiving her big break by winning the reality television show, 'The Next Food Network Star', Aarti Sequeira secured a television show on 2008 named 'Aarti Party' that is now in its sixth season on Food Network. Head down to this year's festival to experience and witness authentic and contemporary Indian cuisine.

Sustainable seafood at Shangri-La

Shangri-La Hotels and Resorts worldwide announced its Sustainable Seafood Policy recently, which included discontinuing the use of all shark fin products, Bluefin tuna and Chilean sea bass among other fish. We speak to Laurent Brunacci, the Executive Chef of Shangri-La Hotel, Dubai to find out more



world is not the responsibility of just one company, it's something that everyone needs to be part of and commit to.

Q: For consumers dining out who want to be environmentally responsible, which fish should they be avoiding?

A: Hammour is now endangered and we have removed hammour from our menus too. A lot of people living in the UAE are not aware of this and continue to purchase hammour in local supermarkets without realising that this is an endangered fish. Shaari and Kanaad (or Kingfish) are also overfished in the UAE. In addition, Chilean sea bass and Bluefin tuna are recognised globally as being endangered. I would recommend that everyone look at this excellent website choosewisely.ae, which gives plenty of helpful advice on endangered fish, some borderline species and fish that are great to eat.

Q: And, which fish should we rather be eating?

A: There is still so much choice so no one has an excuse that they don't find an alternative that they enjoy! I love Faskar (also known as Two Bar Sea bream), Trevally and Shaari Eshkeli (also known as Pink Ear Emperor).

Q: Can you describe some of the dishes on your menu that use sustainable fish?

A: All of the fish we use is sustainable so you can try any of the dishes and they will reflect this. However, if you like fish the best restaurant to try is Amwaj, our seafood city bistro that serves a modern selection of seafood with varied influences, particularly Japanese and European. We use sea bream a lot in Amwaj and this is very well received.



Hats Off

A sustainable recipe from Amwaj, Shangri-La Hotel, Dubai

450g kings prawns
40g Japanese seaweed salad
20g mini tomatoes
10g olive oil
Salt and black pepper, to taste
150g mango
10g sugar
4g cumin seed
10ml vinegar
2g ginger

1 Cut half the mango into cubes and blend the other half, mix together and season with cumin seed, sugar, vinegar and chopped ginger and olive oil.

2 Grill the king prawns until they are cooked.

3 At the center of the dish spoon on the mango chutney, then place the prawns, seaweed salad, mini tomatoes and micro greens.

Q: How do you feel about the new Sustainable Seafood Policy introduced at Shangri-La?

A: I am so pleased that Shangri-La Hotels and Resorts has announced this policy. I have worked in the US and in Europe, where sustainable food is very much at the forefront of consumer's minds so I am aware how much that can affect someone's restaurant or food choice. Bluefin tuna, Chilean sea bass and sharks are often cited as the most threatened species in marine life. Leading conservation groups such as the IUCN (International Union for Conservation of Nature) and WWF (World Wildlife Fund) recognise that overfishing of Bluefin tuna and Chilean sea bass has led to alarming declines in its population and imminently will lead to its extinction. As a chef, I am so pleased that we, as a company, have recognised this and that we are shifting all of our food choices to reflect this.

Q: Do you think it is important that more restaurants and hotels stop serving these endangered or over-fished fish?

A: Of course! It is the responsibility of corporates and individuals to do their part in improving these global issues. The future of our

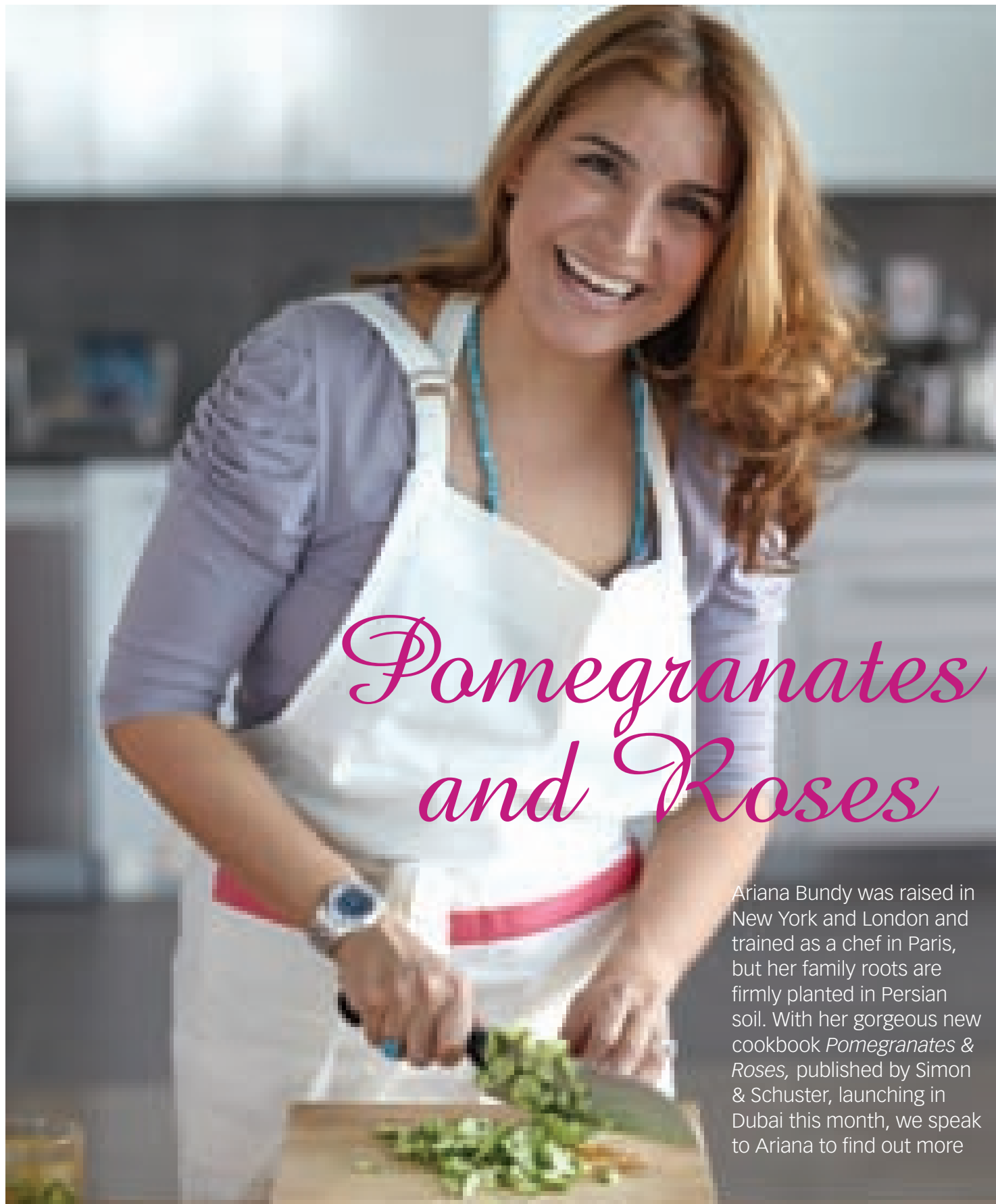


Appreciate authentic Chinese cuisine.

Shang Palace
Only at Shangri-La

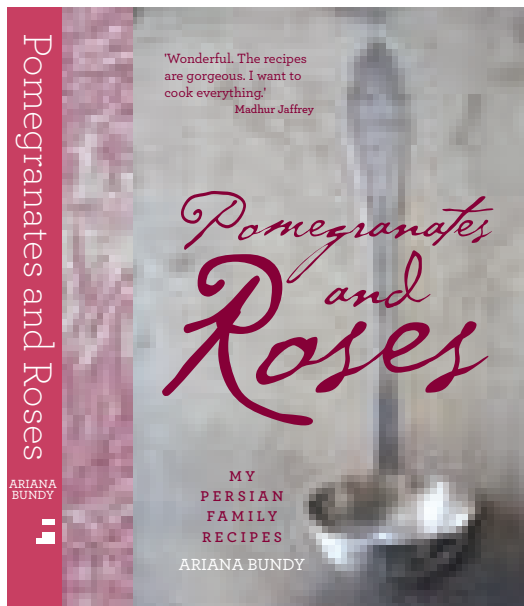


For reservations please call Shangri-La Hotel, Dubai at (04) 343 8888 or Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi at (02) 509 8888.



Pomegranates and Roses

Ariana Bundy was raised in New York and London and trained as a chef in Paris, but her family roots are firmly planted in Persian soil. With her gorgeous new cookbook *Pomegranates & Roses*, published by Simon & Schuster, launching in Dubai this month, we speak to Ariana to find out more



❁ If you dream about being whisked into a world of gentle, aromatic, Persian delights, where fruit, nuts, green herbs and flowery fragrances combine beautifully with meats, vegetables and grains, look no further than Ariana Bundy's heady new cookbook, *Pomegranates and Roses: My Persian Family Recipes*, ❁ says award-winning actress and cookbook author Madhur Jaffrey.

What was the inspiration behind *Pomegranates & Roses*?

I wanted to showcase Iranian produce as it is one of the best in the world due to its rich soil and ancient irrigation system. Did you know that Iran is the biggest exporter of saffron, berries, stone fruit, pistachios and caviar in the world? I also wanted to learn about my culture and heritage through food, which this book certainly allowed me to do. For me the title evokes Persia in every way. Pomegranates because they are indigenous to Iran and Afghanistan, are used in certain notable dishes and also because pomegranate juice stands are in every neighbourhood, just like a Starbucks over here! Roses are such an integral part of Iranian culture: think Persian rose garden, or Goleh Mohammadi from which the Persian rose water is extracted from and the great poetry of Hafez or Saadi who praise the rose which symbolise the beloved.

Are these family recipes?

Absolutely! When I was younger I barely

knew how to prepare Persian dishes and relied on family gatherings for a fix of Iranian food. Even later when I became a professional chef, Iranian food was still very daunting. I gathered recipes from my grandmother, my deaf great aunt, the faithful staff who are part of the family and other great cooks in the family.

How would you describe the book? Is this something new on the market?

Yes it's totally new, there is no such book out in the market as it showcases Persian food in a novel way. The food photography and styling are very modern yet traditional and the recipes are very easy to follow. I made sure to write the exact timings and what to look out for before moving on to the next stage. When I would ask my family for a recipe, it was always very vague such as put a little bit of this and a little bit of that and cook it until done! I know they meant well and that is the way people tend to cook this cuisine, but there is no way you can learn how to cook food like

this, especially a complicated cuisine such as this one! I also made sure to include the stories I gathered along the way such as cooking with my grandmother or aunt, or where a certain dish comes from...the royal courts of Shah Abbas in the 16th century or a certain village in the Caspian Sea.

How does it feel to be sharing Iranian food with a wider audience?

I feel so proud to be able to bring Iranian recipes not only to the wider audience but also to other Iranians who aren't completely confident in cooking Persian meals. Iranian women have long held the torch of passing our culinary heritage onto the next generation through family recipes. I felt as though this tradition was getting a bit lost with Iranians scattered throughout the world, so far away from their country and many not living near their family. Also, Persian food needs to be recognised and enjoyed by non-Iranians. Millions of people have been eating it for thousands of years yet not many people know about it.

CHEF'S BITES

The few people that do, simply think that it consists of kebabs and a few handful of rice dishes found in most Persian restaurants. However, its rich food and varied dishes deserve to be shared! Try making Persian meals for your children; it's amazing how they love it. My son gobbles up his food like a mini monster! Even Jamie Oliver says that Persian food is the next big thing!

What are the staple ingredients to Iranian cooking?

The beauty of Persian cooking is that 99 percent of the ingredients can be found in your local supermarket. Iranians love fresh produce so as long as you have great ordinary vegetables (carrots, potatoes, beans, tomatoes), vibrant herbs, fresh meat, rice, nuts, pulses and so on you can make most Iranian recipes. The most important ingredient in Persian cooking is the saffron which is used not only in rice dishes, stews, soups and so on but also in simple Kuku (similar to Arabic Eggah) to desserts, candies, ice creams and even tea. Other key ingredients are pomegranate paste (make sure to only use Iranian brands as the ones from other countries won't yield the same results in taste), barberries which are tart little bush berries and dried Omani limes.

What are some of your favourite ingredients to work with, and why?

I love rose petals as they instantly lift up any dish when you sprinkle them on top. Saffron too, it's simply magic. Not only does it dye the food a lovely hue but gives it a distinct taste and aroma even when added to simple plain rice.

Verjuice is another great ingredient. A delicate acidic juice made from young unripe grapes gives Persian food its famous sweet and sour note and it also has excellent health properties.

What is something about Iranian cooking that most people don't know?

It does not contain any chilli or ginger except for a couple of dishes from the deep South which incidentally are delicious! Not much garlic is used unless the recipes are from the lush green Caspian region in the North. Softer spices such as turmeric, cinnamon, rose petals are preferred and used with a very delicate hand so as not to mask the flavors of the main ingredients. Balancing flavours is key in Persian cooking...such as pomegranates and walnut stew, plums and chicken with saffron with a dash of verjuice or lemon, hearty herb soups with pulses and whey with again a touch of something sour and a topping of caramelised onions. Lots of flavour depth, delicate to the senses, comforting, healthy when cooked with not too much oil and beautiful to look at. The system of Unani (Garmi and Sardi meaning hot and cold) is Iran's answer to yin and yang. Iranian recipes are all balanced according to this theory and mothers know which category (hot or cold) the family falls into when preparing certain dishes.

Here are some gorgeous recipes from Ariana Bundy's newly launched book Pomegranates & Roses...

DON'T MISS ARIANA AT THE EMIRATES LITERARY FESTIVAL THIS MONTH

✂ On Friday 9 March at InterContinental Hotel Ariana will be presenting a cookery demo and launching her cookbook *Pomegranates & Roses*. The event is priced at AED 65 per person. This is your chance to be inspired by Ariana's culinary skills and passion for her heritage.

✂ For a Literary Tea with Ariana Bundy and Joscelyn Dimbleby be sure you get down to Anise Restaurant, InterContinental Hotel on Saturday 10 March from 16.30 to 18.00 as these two esteemed cookbook authors talk about their latest cookbooks. Priced at AED 120 per person.



Norooz or Iranian New Year's Day takes place on Tuesday March 20th 2012. Why don't you create this Sabzi polo mahi for the family?

Sabzi polo mahi

Fragrant herbed rice with fried fish and Seville oranges

Sabzi Polo Mahi was like an anchor for my family: wherever in the world we moved to, we knew we would be eating this dish for Norooz or New Year's Day like almost all other Iranians. The smell of the fish frying and the herbs being steamed with the rice is an intrinsic part of the celebration for us. The fish we cooked wasn't boneless like a cod fillet, for example. It was kutum or Caspian roach (also known as mahi sefid), which has a lot of tiny sharp bones. Part of the ritual is to pick out the bones by hand before eating this dish. I did this for my husband Paul when we were dating and he says that was the moment when he knew he wanted to marry me! Any white, relatively meaty fish will do – halibut, sole or flounder – although some Russian markets sell kutum.

FOR THE MARINADE (OPTIONAL):

juice of 1/2 lemon
small lime
pinch of salt and pepper
juice of 1/2 orange

FOR THE HERB MIXTURE:

125g (4oz) 2 cups each of fresh parsley, coriander and dill, tough stems removed and leaves roughly chopped

25g (1oz) 1/2 cup spring onions (green parts)
or chives or young leeks, roughly chopped
3 fresh green garlic leaves, cut into 2.5cm
(1in) pieces or 2 garlic cloves, finely minced

FOR THE RICE:

600g (3 cups) rice
11/2 tbsp natural yoghurt
50–75g (2–3oz) melted butter, ghee or
safflower oil, plus 1 tbsp extra
1/4 tsp saffron threads, pounded
1kg kutum pieces, or sole, halibut, flounder
or sea bass

FOR THE FISH:

150g (1 cup) plain flour
1/2 tsp salt
pinch of pepper
oil, for frying
wedges of narenj (Seville oranges) or
lemon, to serve

1 Mix together the marinade ingredients and add fish. Leave in the fridge for a minimum of 30 minutes to 2 hours, but no longer or the acid from the citrus juices will 'cook' the fish. (Omit this step if you are rushed for time)

2 Mix all the chopped herbs together and set aside

3 Prepare the rice by following the first steps of Polo Ba Taadig, up to draining and cooling. In a large saucepan, mix two ladlefuls of the rice with 75ml water, yoghurt, melted butter, saffron, and heat briskly. Spread over the base of the pan and layer the rice and herbs on top, shaping it into a pyramid. Finish cooking by following the method for Polo ba taadig.

4 Approximately 15 minutes before the rice is cooked, begin preparation for fried fish. Fill a plate with flour (if gluten intolerant you can use gluten-free flour), season and pour the oil into a large non-stick frying pan to a depth of about 2.5cm (1in). Heat on medium heat until the oil is hot but not smoking.

5 Dip the fish in the flour mixture on both sides and fry. Remember not to crowd the pan otherwise the fish may steam instead. Place the golden fish pieces on paper towels to absorb excess oil and serve with the herbed rice and wedges of Seville oranges or lemons and Seer Torshi.

Polo be taadig

Perfectly fluffed rice with a golden crust

Iranians take a lot of pride in cooking rice. The recipe below may make you feel like you're creating a really complicated dish rather than just plain rice. But, as the name suggests, it takes plain rice and elevates it to something special: an elegant aromatic dish that you would happily eat on its own. Iran grows some of the best rice in the world. Alas, there isn't enough to export, so you must pay a visit to savour its wonderful varieties. The recipe, of course, works just as well with other rice.

600g (3 cups) basmati rice, such as Tilda or Pari
2 tbsp sea salt

FOR THE TAADIG:

50–75g (2–3oz) melted butter, ghee or safflower
oil, plus 1 tbsp extra for the topping

11/2 tbsp natural yoghurt
1/4 tsp saffron threads, pounded

TO DECORATE:

1/3 tsp saffron liquid, made from 1/4 tsp
saffron threads pounded then dissolved in
1 tbsp hot water

1 Fill a large bowl with water and add the rice. Wash rice by stirring it with your hands.

Discard the water and repeat rinsing rice 5 times until the water runs clear. For super-fluffy long-grain rice, soak it in the amount of water you are going to cook it in – 2 litres (3½ pints) 8 cups – with the salt, for a minimum of 2 hours and up to 24 hours.

2 Fill a large non-stick pan with 2 litres (8 cups) cold water and bring to the boil. Add the rice, let the water come to the boil again and cook for approximately 6–8 minutes. (If you have pre-soaked your rice, add it to the pan with cold water, bring to boil and cook for 6–8 minutes.) The rice may take a little less or a little more time depending on the thickness of the pan and the power of the heat, so test the grains halfway through. Quickly pick out a few grains with a fork and crush them between your fingers, without burning them. The grains need to be soft on the outside but still hard on the inside, or al dente, and they should be double their original size.

3 While the rice is cooking, stir gently a couple of times so that it doesn't stick to the bottom of the pan. The next step is optional but worth noting: add 250ml (8fl oz) 1 cup cold water to the pan to lengthen the grains. Bring back up to the boil. Once the rice is cooked, without wasting a minute, drain it through a very fine-meshed sieve. Pour a couple cups of cold water over the rice to cool it and set it aside. Set rice aside and remember not to touch it at all.

4 In the same pan, briskly heat the melted butter, ghee or oil over a medium-high heat with 75ml (1/3 cup water), yoghurt, saffron and 2 ladles of rice. Mix well and spread over the bottom of the pan to create the crust. Then begin adding the rice a ladleful at a time. Gently shape the rice into a pyramid as you add it in order for the heat to circulate throughout the pan for it to not make the rice mushy.

5 Poke 4–5 deep holes in the rice, with a chopstick or the handle of a spoon, making sure it hits the bottom of the pot, then cover. Let the rice cook on high heat for about 5–7 minutes. It will sizzle and make all kinds of sounds.

6 Fill the kitchen sink with 5cm (2in) of cold water. Remove the pan from the stove, and place it in the sink. This helps loosen the famous golden crust or taadig. Take the lid off, spoon out a ladleful of rice and mix with the saffron liquid. Gently ladle the rice on to a serving dish and decorate with the saffron rice. Using a spatula, lift chunks of the crust off the bottom of the pan and place on top or serve on the side.

Iranian women check to see if the rice is ready for the next step by wetting their fingers and ever so quickly touching the side of the hot pan. If it makes a 'Jez' sound as we say in Persian, remove the lid and add 125ml (4fl oz) ½ cup water and 1 tbsp butter, ghee or oil. Wrap the lid in a clean tea towel or 2–3 paper towels. Cover the pan, making sure the fabric or paper towel is wrapped up around the handle so that it doesn't catch fire. Reduce the heat to its lowest setting. Allow it to cook for about 50–60 minutes undisturbed.



Seer torshi

Aged pickled garlic

Pickled garlic is like wine: the older the bottle, the better it is! We have some at home that is 20 years old. The bulbs are black, soft and sweet, and taste a little like aged balsamic vinegar. But Seer Torshi is best eaten when it is around six to seven years old. You can buy it from Middle Eastern shops but it will be young and crunchy. Pickled garlic comes from the north, in the Caspian region of Iran, where they eat lots of garlic as it goes very well with the climate and the 'cold' fish dishes of the region.

500g (1lb) garlic bulbs, fresh

1.2 l (5 cups) white wine vinegar, white grape vinegar or white vinegar

- 1** Clean and dry garlic bulbs and peel off one layer of skin.
- 2** Place bulbs in sterilized jars and cover with vinegar.
- 3** Seal and store in a cool dark place for at least 2 months before eating.



Be good to your heart



Introducing
Premium
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Gerard's Tarte Tropeziennne

Treat your loved ones to a famous Saint Tropez dessert. *Nicola Monteath* learns to create this delectable recipe with Gerard Raymond of Gerard Cafe Dubai



Tarte Tropeziennne

MAKES 1

BRIOCHE PASTRY

500g all purpose flour

1 tsp salt

75g sugar

25g powdered milk

25g fresh yeast

125g softened butter

125ml water

4-5 eggs

stone sugar

flaked almonds

icing sugar for dusting

CREAM

sugar syrup

custard cream

whipping cream (without sugar)

1 Mix flour, salt, sugar, powdered milk, fresh yeast and butter. Slowly add water and three beaten eggs into a food processor (with a pastry hook) for 15 to 20 minutes until soft and elastic. Let the dough rest for an hour in a bowl and cover with a napkin, to allow dough to rise.

2 Flour a hard surface before cutting the dough in half and shape into balls. Let it sit for 15 minutes. Freeze one of the halves to make another brioche.

3 FOR THE CREAM: Boil five parts of water and two parts of sugar to create the syrup. In another bowl, mix 1kg custard powder with 200ml cold water thoroughly.

4 Roll dough out on a flat surface so that it is round (1 cm thickness). Place on a tray and leave to rise for an hour until it is 1 inch/2.5cm thick. Using a pastry brush, gently glaze the top of the pastry dough with a beaten egg and make sure not to press hard. Sprinkle with stone sugar (if not available use regular sugar). Sprinkle flaked almonds and bake at 160 degree Celsius for 15 -20 minutes until golden.

5 Once dough turns into a rich brown colour, let it cool before slicing horizontally into half. Drizzle sugar syrup on bottom half of the brioche.

6 Mix equal quantities of custard cream and whipping cream in a bowl until cream becomes light yellow. When mixed thoroughly, spread cream evenly onto the brioche.

7 Replace the top layer with the other half of the brioche and refrigerate for an hour or two before serving.

8 Dust icing sugar on top and serve.

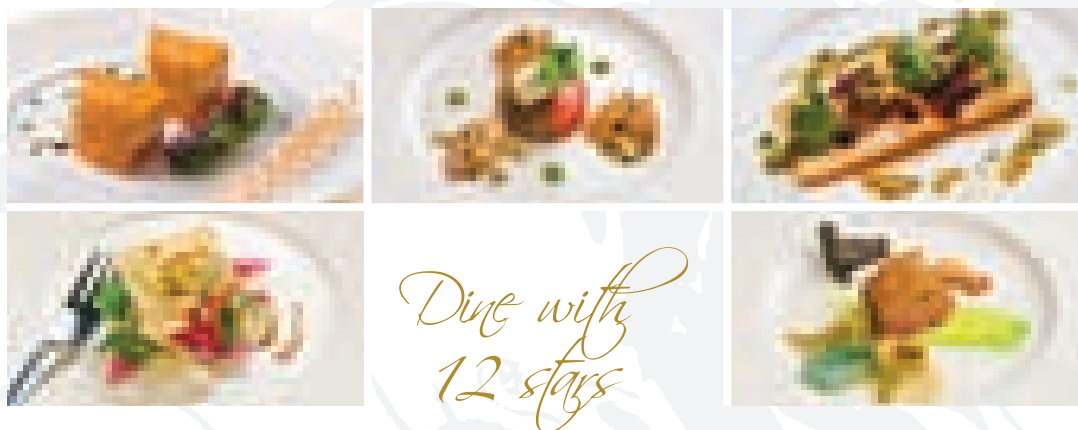
A LEGACY IN DUBAI

Ever since its launch in 1981 at Al Ghurair centre (the first shopping mall in Dubai), Gerard Cafe has grown tremendously with six branches now located all over the UAE. When chatting with the cheerful founder and pastry chef Gerard Raymond, we find out about the changes in cafe culture that he has noticed from the 80s and now; "There were few cafes to select from and customers were predominantly men, as women did not mix much in those days. However, this has now changed and we can see all sorts of customers at our cafes. Furthermore, the concept of 'coffee' has increased amongst all ages, and there it is not only restricted to a few customers. I would like to add, although cultures have evolved, Gerard Cafe still holds loyal clients from back in the day at various branches with the newer generations of their families too."



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Keeping it local with Chef Andy

Chef Andy Campbell the man behind *chefandycampbell.com*, his gourmet catering company, demonstrated his culinary techniques and passion for local ingredients at the beautiful Miele Gallery last month



Chef Andy gently flattens the pizzette dough



Yoghurt bread and spiced lamb pizzette

SERVES 20 • PREP 2 HOURS • COOK 15 MINUTES

STARTER

The recipe is a variation of a traditional pizza, using yoghurt and olive oil which leaves the dough soft and moist.

THE DOUGH

250g yoghurt, warm
2tsp dried yeast
pinch of sugar
50ml water, warm
500g bread flour
1tsp sea salt
4tbsp extra virgin olive oil

1 In a medium bowl mix thoroughly the flour, salt, oil and yoghurt. In another bowl mix the yeast, sugar and water for 10 minutes until it becomes frothy. Add slowly to the flour mixture.

2 Leave dough for an hour and a half until it has doubled in size. Meanwhile make the topping and organise the garnish.

THE TOPPING

1 large onion, peeled and chopped
600g minced lamb
3 cloves of garlic, peeled and finely diced
1/2 tsp ground allspice
Salt and black pepper
2 tbsp of pomegranate molasses
500g tomatoes, peeled, deseed and diced
2 tbsp mint and parsley, chopped
50g pine nuts

1 Combine all the ingredients together in a large bowl and mix well together.

TO PREPARE AND COOK

1 Roll out the dough and then cut medium-sized rounds.
2 Spoon some of the mince topping on the mini pizzas and pop in the pre-heated 180 degrees C oven to cook for about 15 mins.
3 To finish, add a handful of rocket leaves, saffron infused yoghurt, and the seeds of one pomegranate to garnish.

Delicious flavours of the Middle East

"The use of regional produce is exciting. From the sourcing, purchasing and preparation of it, to demonstrating that you can create great flavours and bring colour to the table, without having to spend a fortune on ingredients," says Chef Andy Campbell.

The audience loved Chef Andy's homely, rustic dishes





MAIN

Sultan Ibrahim "moorish" fish soup

SERVES 4-6 • PREP 10 MINUTES •
COOK 30 MINUTES

In Europe, its cousin red mullet is one of my favourite fish. The French eat it whole with its liver intact, and name it 'the woodcock of the sea' because of the same method of preparation is used on its feathered friend. They are dipped in spices here, deep fried and similarly eaten whole. Sultan Ibrahim are sold relatively cheaply and the smaller ones are the sweetest to eat.

- 2 carrots, 1 onion, 2 cloves
- 1 small bulb of fennel
- 1 strip orange peel
- 2 branches thyme
- 1 bay leaf
- 1 red chilli
- 1 yellow pepper
- 4 medium tomatoes
- 4 tbsp olive oil
- 1 tbsp vegetable oil
- A good nip of Pastis [optional]
- 1.2 kg Sultan Ibrahim, scaled and filleted
- 4 fillets of Sultan Ibrahim reserved

- 200g surf clams
- 500g squid cleaned and the inside scored
- 2 snapper fillets, skinned and halved
- 2 tbsp tarragon, chopped

- 1** Peel and slice the carrots, onion, garlic, a bulb of fennel and mix in with the orange peel, bay leaf, thyme, de-seeded red chilli, de-seeded sliced yellow pepper, and a large pinch of saffron.
- 2** On low heat cook the ingredients above in olive oil for 10 mins. Make sure the pot is covered with a lid. Add the medium-sized chopped, skinned tomatoes, then turn up the heat. Simmer for 3-4 mins.
- 3** Add 500g of red mullet fillets and a nip of Pastis. Flambé and when the flames die out add 1.5 litres of fish stock made from the bones and vegetable trimmings. Cook for 10 to 15 mins
- 4** Allow to cool a little and blend with remaining olive oil and the butter. Pass through a sieve and serve in a warmed bowl. Meanwhile cook the seasoned salt and black pepper, reserved sultan Ibrahim fillets, squid, snapper fillets and clams in a tablespoon of vegetable oil. Remove each from the pan when cooked and place on kitchen paper.
- 5** Place in the large soup dish and sprinkle with chopped tarragon.



DESSERT

Quince and apple tart

SERVES 6 • PREP 20 MINUTES •
COOK 50 MINUTES • PREHEAT THE OVEN TO 220C / GAS 7

- 1 lemon, juiced
- 1 sheet of short crust pastry
- 60g sugar
- 4 large Granny Smith apples
- 4 quinces
- 1 tsp of mixed spice mixed with 40g sugar

- 1** Peel the quinces, chop and cover with a little water.
- 2** In a bowl, mash the quinces with sugar and lemon juice. Line a flan dish with the short crust pastry and spread evenly with quince paste.
- 3** Peel the apples and arrange over the paste. Sprinkle with sugar and spice mixture
- 4** Bake for 30 mins and serve with vanilla cream.

Chef Andy Campbell

is passionate about ingredients and is constantly on the search for good, local ingredients in the UAE. He will be writing a regular column for BBC Good Food ME, talking about how you really can shop for and use local produce when cooking in the UAE.

"The key for me is simplicity, I will go for taste and good craftsmanship apposed to over elaborate presentation," says Chef Andy

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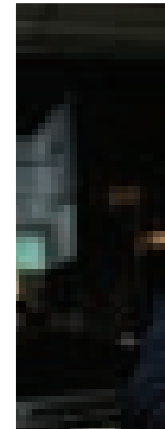
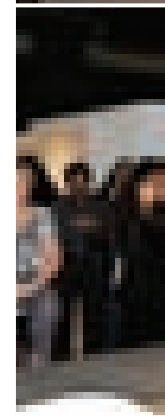
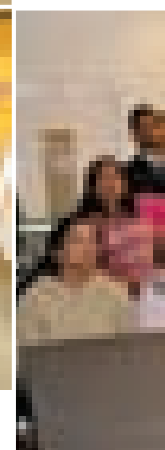
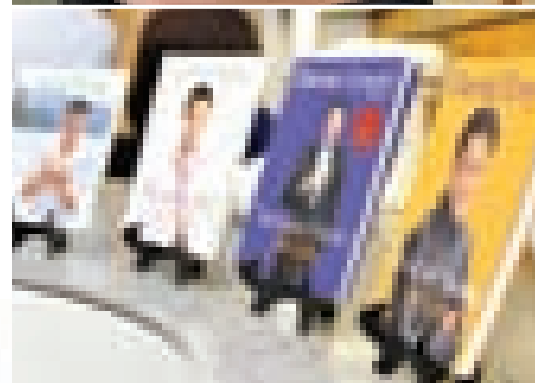
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Eat Well, Feel Well with Chef Daniel Green

The talented internationally renowned celebrity chef Daniel Green showcased some of his signature dishes at last month's master class held at the Häcker Showroom and impressed guests with his cooking techniques and nutritional tips



Photography CRIS MEJORADA



Chef Daniel Green, the celebrity TV presenter known for his cooking segment Kitchen Takeover as well as appearances on BBC, Carlton Food, Channel Five, Discovery Health, Sky and UK Food channels is famous for his healthy, low calorie recipes created from a range of cuisines to appeal to every palate.

Green was in town recently, hosted by Dusit Thani Dubai, to launch his *Eat Well, Feel Well* healthy eating programme, a health regime rooted in Green's own nutritional and weight loss triumphs.

Green admits that he didn't always lead a healthy lifestyle and he recounts that as a teenager he was very overweight and didn't realise the importance of healthy eating and nutrition. He went on a stringent three-year lifestyle change at the age of 18; the diet transformed his life, even landing him a modelling contract with luxury brands. Green soon realised that modelling wasn't for him and he later returned to promoting healthy eating and nutrition amongst friends and families by creating recipes to help aid weight loss.

His passion for healthy eating is inspiring and his weight loss challenge is one that many of us can relate to; here are some of chef Daniel Green's recipes to create at home.



All the flavour, minus the fat!

East meets west crab cakes

SERVES 2

- 200g premium lump crab from a can
- ½ clove garlic, crushed
- 1 egg white, whisked
- 1 tbsp lemon juice
- 1 tbsp sesame oil
- 1 tbsp white sesame seeds
- 1 pc red chili pepper
- ¼ pc red onion, finely chopped
- 1 tbsp chopped coriander
- 1 tbsp soy sauce
- 2 spring onions, chopped
- 1 slice white bread into crumbs, breadcrumbs and egg to make batter
- 5g carrot, julienne
- 5g beetroot, julienne
- 10g mixed salad leaves

1 Mix all the ingredients well in a bowl (except salad leaves). Prepare patties by hand and gently dip into whisked egg white mixture.

2 Gently coat patties in breadcrumbs and fry for a few minutes until each side becomes golden brown.

3 Serve with some sweet chili sauce, salad leaves and diced tomatoes around the plate



CHEF'S BITES

Delicious, succulent
and low-fat too!



Miso salmon

SERVES 2

MAIN

2 pcs of 100-140g fillet salmon

FOR THE MARINADE:

1 tbsp ginger, grated

1 clove garlic, peeled and crushed

2-3 tbsp honey

3 tbsp mirin

2 tbsp miso paste

1 pc large lemon, juiced

1 Mix together ingredients for the marinade in a bowl and brush all over the salmon.

2 Pre-heat the oven to 200C (400 F)

3 Place salmon under the grill for 3-4 minutes for a light crust to form, then transfer it to the oven to bake for 7-8 minutes while basting it once or twice

4 In the meantime, bring remaining marinade to the boil

5 Serve salmon hot with rice and extra marinade on the side

Lemon curd ice cream

SERVES 2

100g non-fat plain yoghurt

100g sour cream

1 pc lemon rind, grated

100g baked meringues, crushed up

100g raspberries

1 tbsp icing sugar

1 Combine yoghurt, sour cream, grated lemon skin and crushed meringues and place into a ramekin and freeze mixture until half frozen.

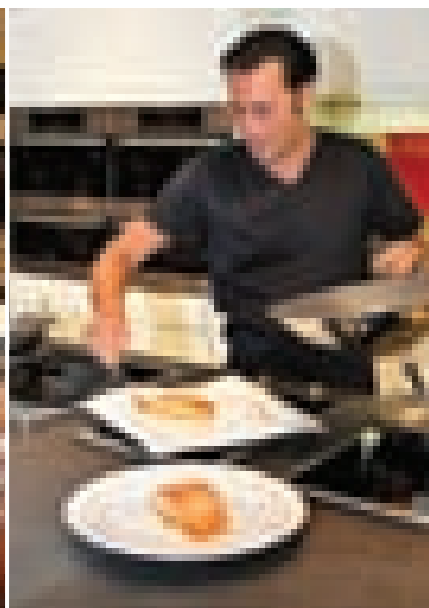
2 Combine berries and icing sugar and place on the plate.

3 Remove mixture from the freezer and spread on top of the berries. Garnish with mint leaves.

DESSERT



A guilt-free sweet treat



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DUBAI



Gourmet Abu Dhabi

– all the highlights

Celebrity cookbook author and television personality Suzanne Hussein was the moderator for the masterclasses and presented her own cooking demonstration at last month's Gourmet Abu Dhabi. With undeniably the best seat in the house, Suzanne gives us a rundown of her highlights



For 16 days from 8 to 23 February the Abu Dhabi Tourism and Culture Authority treated us once again to a food extravaganza like no other.

We were whisked away without leaving our seats to savour the best food brought to us by the *crème de la crème* of the culinary world. Chefs from every corner of the globe sizzled, sautéed, boiled, braised and dazzled us with their molecular masterpieces.

It all began with a lavish gala evening on the lawn of the new exquisite Westin Hotel in Abu Dhabi. Food was everywhere to sample as all of the hosting hotels were set up in their own sections featuring signature dishes in bite sized portions. In one unforgettable night we ate, we were entertained by the famous Korean comedic group Nanta, and had the chance to mingle with all of the chefs including Masterchef's famous judge, George Calombaris who not only made some amazing food but brought a living tree as a centrepiece complete with edible cookie soil, marshmallow mushrooms and white chocolate stones; all part of a special and delicious story.

A beautiful ceremony to officiate the beginning of Gourmet Abu Dhabi's Masterful Collection of Culinary Arts, a curtain unveiled the portraits of all of the participating master chefs and a fitting applause to welcome them all on stage.

The next two weeks were full of masterclasses and I think I had the best seat in the house as I was the moderator for all, as well as doing my masterclass!

More than 24 chefs were invited to share their recipes and stories with the audience, who enjoyed samples later too.

We had such names as two-star Michelin chef Jean Francois Piegé who made the fluffiest Blanc Manger, Gennaro Esposito with two Michelin stars made a delicious risotto studded with figs. We enjoyed the most fragrant ceviche made with love by chef Bricio Dominguez.

One-star Michelin chef Denis Martin worked his culinary magic to make something crumbly which looked like ashes but tasted like Bernaise sauce; he delighted the audience with his skills and infectious sense of humour.

In the middle of all this deliciousness, our audience was treated to a full day workshop

where pastry and chocolate were on the menu. Six master pâtissiers delighted everyone's sweet tooth with truffles, ganache, cookies, meringues and so much more.

While every chef was delightful, it was the amazing artistry of Paco Torreblanca that left us speechless. Right before our eyes he made white chocolate look like an oyster shell with all its crevices and filled it with delectable details resembling a pearl, an oyster and a chocolate leaf to lay on top. Simply stunning!

Every night of the 16 days there were dinners at various host hotels where our visiting chefs were featuring their special menus for diners to enjoy. One of these memorable meals was a night of eight courses of foie gras all masterfully executed by the fabulous three-star Michelin chef Bruno Menard.

We also had a bonnie night complete with bag pipes and quilts when chef Roy Brett tantalised us with his exceptional menu and made his interpretation of the classic Scottish dish 'hagus', which was scrumptious.

This delicious food adventure ended in a fitting Gala dinner at the new stunning Rocco Forte Hotel. It was also a night to celebrate the winners of the Gourmet Stars Awards. Restaurants, hotels and individuals were acknowledged for their excellence in their categories. We were all treated to a six-course dinner with each course featuring a different signature dish from six chefs.

It was also a night for all of the organisers of this great event to gather and look back at highlights of the last 16 days. A night to focus on the growing and dynamic food and hospitality industry in Abu Dhabi.

This was my second year to be welcomed to be part of this amazing culinary event. A true honour for me to have had the opportunity to meet like-minded people who followed their passion and love for cooking. I also met people around the table who loved good food and that's why they were there.

Food brings people together from all cultures and forges new friendships. It breaks down barriers and serves up peace, love and understanding. The wonderful people of Abu Dhabi emerged us in their generosity and true Arab hospitality.

For more information about Suzanne Hussein visit suzannehusseini.com or find her on [facebook.com/suzannehusseini](https://www.facebook.com/suzannehusseini)



Friday Brunch International Buffet

Let us take the little chefs on a culinary journey, where they prepare their own creations under the ever watchful eyes of our culinary team.

AED 139 inclusive of Soft Beverages

Times: 12:30 – 16:00 hrs.

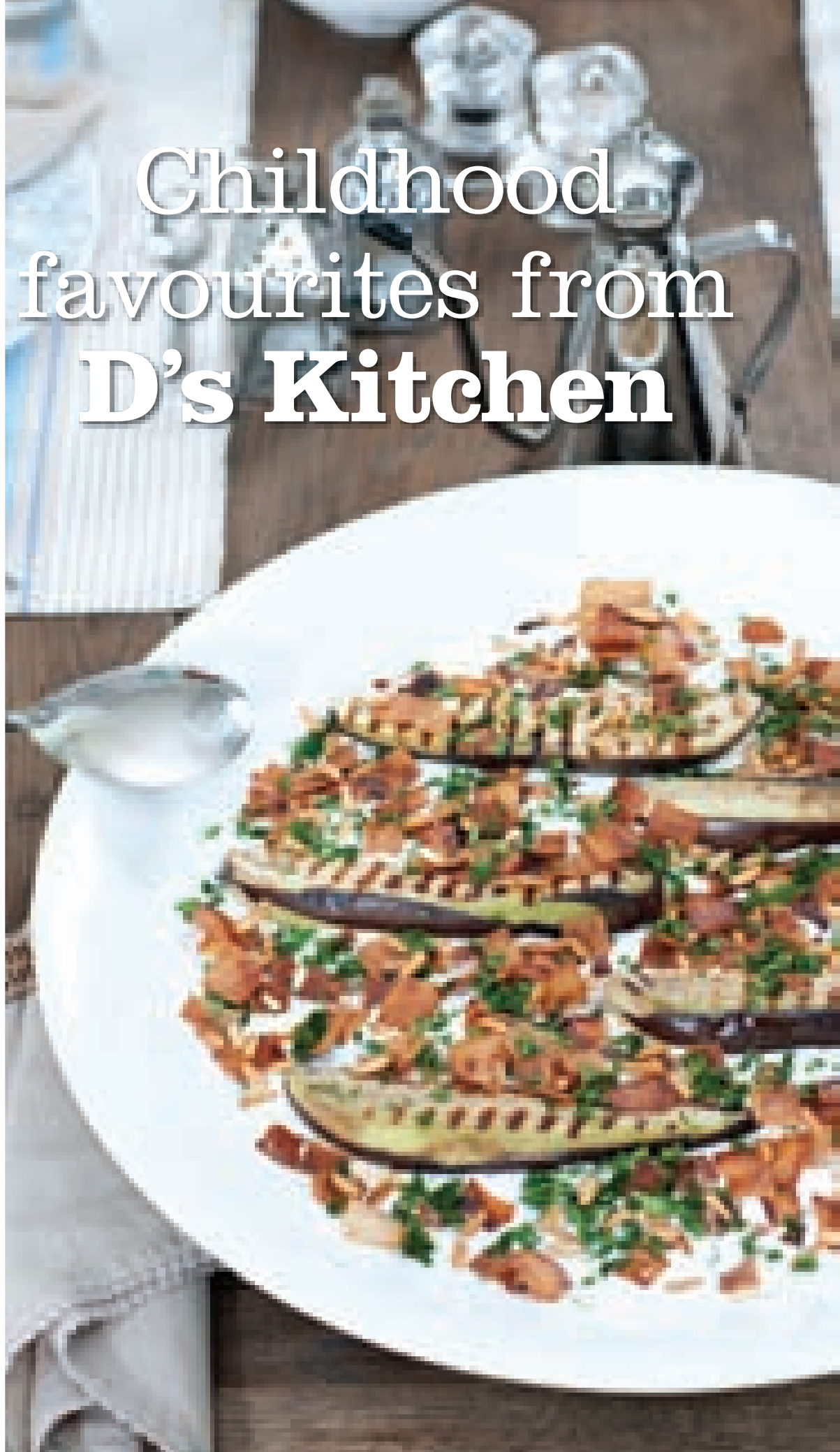




With Mother's Day in mind this month, the lovely Dalia Dogmoch, co-founder of Kitsch cupcakes and the talent behind the popular *Cooking in D's Kitchen* reminisces about some of her favourite recipes that her mother taught her

“The *fatte* is a dish I grew up with and is always the first meal cooked when I visit home. Arabic cooking is usually heavy however the low-fat yoghurt cuts off calories without compromising on its comforting taste”

Childhood favourites from **D's Kitchen**



Fatte'd aubergine
Eggplant fatte

SERVES 4-6

4 medium sized eggplants, cut into large pieces
6 cups low fat yoghurt
4 medium loafs Arabic flat bread
800g lean minced beef
1 garlic clove, using garlic press
2 onions, finely chopped
1/3 cup toasted pine nuts
1/3 cup freshly chopped parsley
1 tbsp tomato paste
2 cups beef or chicken stock
1 tbsp tahina (sesame paste)
2 bay leaves
1 tsp sugar
salt and pepper to taste

1 In a bowl, whisk the yoghurt with a little water, sesame paste, garlic, salt and pepper to taste. Set aside.
2 Cut the Arabic bread into squares, and either sauté them in a pan with a little oil, or toast them in the oven and set aside.
3 Heat a little sunflower oil in a pan and cook the eggplants until they are almost ready, for about 10 - 15 minutes. Add the tomato paste, some hot water, sugar, seasoning and cook for a few more minutes until they are done.
4 In another pan, heat some olive oil, sauté the onions until translucent, add the garlic and cook a few more minutes before adding the minced meat, half the parsley and bay leaves. Cook for about 8 - 10 minutes, until the meat is done, then add the hot stock and simmer on low heat for just a few minutes.
5 Now assemble the dish by starting with half the toasted bread, layer the meat on top, then add the eggplants, followed by the yoghurt and finish by adding the remaining bread and parsley (and some eggplants to decorate if you wish). Enjoy!

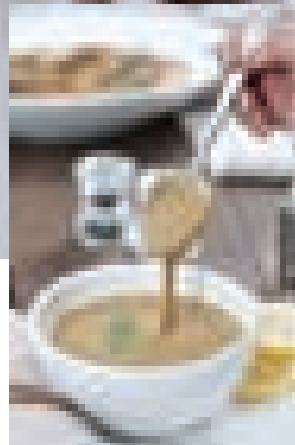
“The recipes turned out delicious, all that’s left is my mother’s touch to it”

Brown lentil soup

SERVES 4 - 6

1 ½ cups lentils
2 carrots, chopped
1 large onion, finely chopped
8 cups vegetable stock
1 tsp cumin
juice of one lemon
salt and pepper to taste

1 In a large pot, sauté the onions until translucent, add the carrots, cumin and lentils and cook for a few minutes.
2 Add the hot vegetable stock and simmer until the lentils are tender, for about 20 - 25 minutes.
3 With a hand blender, puree the soup until smooth, add the lemon juice, season to taste and simmer for a few more minutes. Enjoy!



CHEF'S BITES

DALIA DOGMOCH

Cinnamon & vanilla rice pudding

SERVES 4-6

1 cup Arborio rice
4 cups whole milk
¼ cup white sugar
1 vanilla bean
½ tsp cinnamon

1 Add the seeds of the vanilla bean as well as the bean and sugar to a pot of simmering milk.
2 Add the rice, cinnamon and simmer on low heat for about 25 minutes or until the rice is done. Add more or less milk depending on how runny you like your rice pudding.
3 Pour into ramekins, sprinkle with a little cinnamon and serve hot or cold. Delicious!

“Rice pudding is my ultimate comfort dessert”



Dalia is the proud mom of her gorgeous son Phares. Happy Mother's Day D!

From D's mother's kitchen Dalia Dogmoch dishes out on her favourite foods and fond memories of home

Why have you chosen these dishes in particular?

They remind me of home. Even though I grew up in Paris and was surrounded by French food, my mom would cook traditional Syrian dishes at home.

What is the most significant culinary advice you have received from your mother?

Follow your taste buds! My mom does not use exact measurements, timings or recipes. She tastes the food as she's cooking and always ends up with a perfect dish!

Your fondest memory of you and your mother in the kitchen

My mom cooking dinner, me sitting at the kitchen table and telling her

my stories. I have such a clear image in my head of her standing by the stove listening to me as I'm babbling away. It's actually still like that when I go home and visit her these days.

What cuisines and aromas take you back to your mother's kitchen?

Sautéed onions and garlic, toasted Arabic bread and pine nuts, cumin, parsley, meat stews, stuffed vegetables. Actually Middle Eastern cooking always reminds me of my mom. This feature made me miss her tremendously! I called her several times as I was cooking these dishes.

For more foodie inspiration from D visit daliaskitchen.com.

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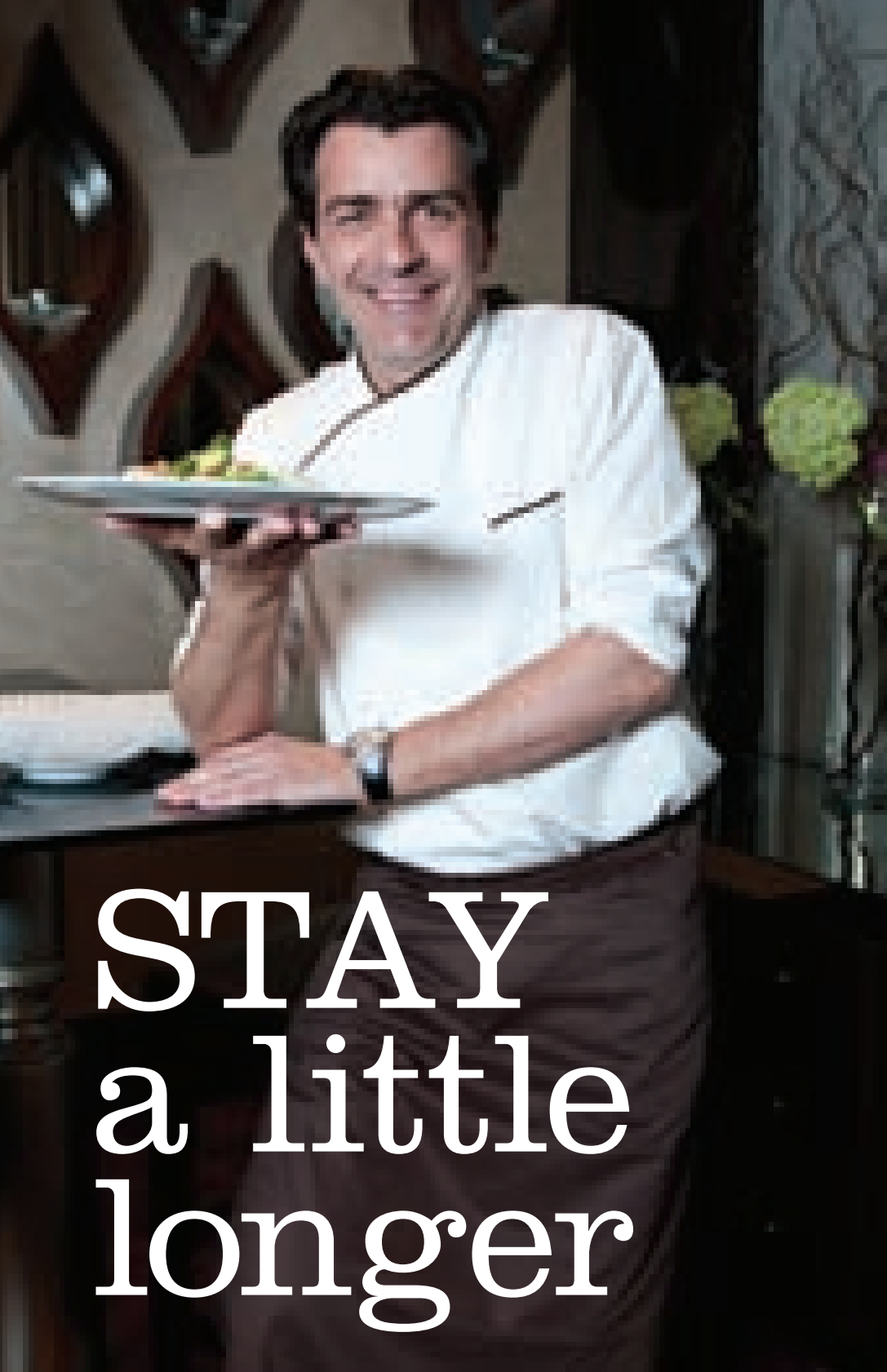
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STAY a little longer

Lauren Hills met up with three-star Michelin chef Yannick Alléno at his beautiful restaurant STAY at One&Only The Palm to talk culinary dreams, Michelin stars, and keeping things simple

Charming French chef and restaurateur Yannick Alléno has delighted the world of gastronomy for over 20 years with his innovative vision and skill for making the most simple of dishes into something special. *BBC Good Food ME* caught up with him during his whirlwind visit to Dubai and was delighted to meet such a humble, warm man with a love for good food and exceptional restaurants.

Awarded three Michelin stars for his work at Hotel Le Meurice, Paris in 2007 and named Chef of the Year by his peers in 2008, he has also created distinctive restaurant concepts that now have a presence across the globe.

His innovations include Sweet Tea, a contemporary *salon de thé*, which is in Taipei and Beirut; Le Grand Table in Morocco and STAY in One&Only The Palm Dubai, which was the first concept of its kind in the world and now has a presence in Beirut and Beijing.

STAY focuses on showcasing traditional French cooking methods reinterpreted in a more relaxed, contemporary fashion. Moving away from the fine dining concepts of restaurants like Le Meurice, Alléno says that STAY is a place for people to bring their families and friends and come to visit time and again.

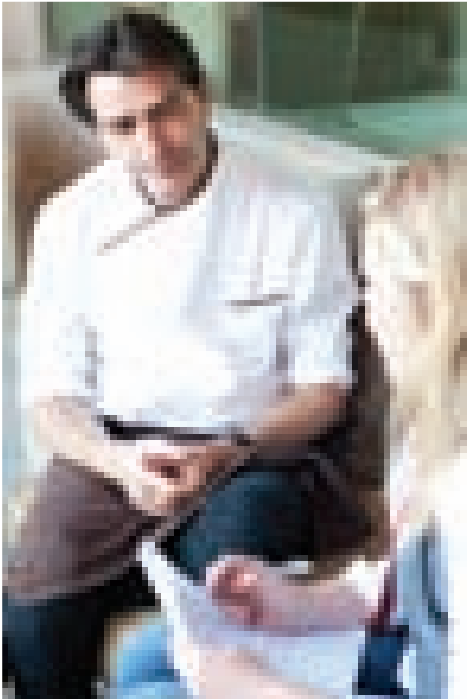
"I want to stay away from the word fine dining when I talk about STAY as people think it's too fancy, too expensive and that's not the idea I want to give people. You can have roast chicken, or maybe a grilled sea bass. If you do the simple things well, with great ingredients and a talented chef behind that, then you have something very special," says Alléno.

The décor is beautiful, with dramatic interior contours of black and white in different patterns and textures. There are booths and tables of various sizes and the subtle lighting makes the atmosphere very mellow and inviting.

A unique feature includes the sharing table, which truly encapsulates Alléno's goal for STAY. A raised table in a discreet part of the restaurant, there is no menu presented; it is a chance to let the chefs create a personalised menu for you and your friends, as if you were in the chef's home. Just tell the culinary team your preferences and you will be in good hands as the talented team present a delectable menu to remember.

We enjoyed the sharing table with Alléno during his visit to Dubai and sampled divine dishes like chestnut veloute with white onion foam and black

CHEF'S BITES
YANNICK ALLÉNO



“I feel like a racing driver with the greatest car in my hands, I am so lucky, we are so lucky, that we can completely focus on the quality and for us, then nothing is impossible. To work under these conditions is amazing – to work with One&Only and with Le Meurice in Paris is a privilege, it enables me to create something that is superb”



truffle, asparagus and langoustine, shellfish and parmesan and milk-fed lamb presented in a number of different ways. The communal style table, with food dished out from large platters made us all feel very comfortable – a fantastic way to enjoy such fine food.

And not ending there; a very special element of the menu is the Pastry Library, where the incredible pastry chef Marie creates beautiful French pastries and chocolates right in front of you. You can even get involved and put the finishing touches on your dessert too.

Alléno has enjoyed some incredible achievements in his life and he accredits much of his success and his fulfillment as a chef to the partners he has across the globe.

"I feel like a racing driver with the greatest car in my hands, I am so lucky, we are lucky that we can completely focus on the quality and for us, then nothing is impossible. To work under these conditions is amazing – to work with One&Only and with Le Meurice in Paris is a privilege, it enables me to create something that is superb," Alléno concludes.



Slow-cooked John Dory
– recipe, p76

CHEF'S BITES

YANNICK ALLÉNO

Some recipes from the STAY menu...



Slow-cooked John Dory

Avocado, coriander and citrus, pilaf rice

SERVES 4

JOHN DORY:

2 whole John Dory (Filet the John Dory and place on a tray in the fridge)

10cl avocado oil salt

white pepper corns

CITRUS DRESSING:

8g acacia honey

16g orange jus

32g avocado oil

½ coriander (bunch)

TO MAKE THE CITRUS DRESSING:

In a mixing bowl, add the honey and mix in the orange jus. Beat in the avocado oil, drop by drop, slowly adding the chopped coriander.

PILAF RICE

500g nisiki rice

1 bouquet garni (a bunch of aromatic herbs; such as bay leaves, parsley, thyme and celery branches)

850g chicken stock

120g chopped white onion

80g unsalted butter

1 Peel, wash and chop the white onion and make the bouquet garni. Bring a pot of water to the boil, adding the chicken stock and mix well. In another

pot, melt the butter, add the chopped onions and add a little bit of salt and cook slowly for few minutes.

2 Add the rice and cook for a further few minutes, adding the boiled chicken stock and the bouquet garni. Once it starts to boil, cover with a lid and cook it in the oven at 200 degrees Celsius for 16 to 19 minutes (depending on your oven). Once done, allow it to cool.

JOHN DORY PREPARATION:

2 avocados

1 grapefruit

1 orange

1 lemon

Espelette pepper

Fleur de sel

1 Peel the skin off the grapefruit, orange and lemon and dice them. Cut the avocado in quarters and in a mixing bowl roll the avocado in the dressing with the diced citrus, add the Espelette pepper and the fleur de sel. Season the John Dory filet and roll it in the avocado oil. Place the filets under the grill at 150/ 160 degrees Celsius (depending on your oven) to cook slowly for 4 minutes on each side.

2 Plate the John Dory and arrange the avocado quarters on top of the filets. Pour over the citrus dressing and garnish to serve. Serve the pilaf rice separately.

Soya Bean Risotto

Almond, parmesan and chives

SERVES 4

soya bean risotto

600g soya bean sprouts

40+20g unsalted butter

150g button mushroom brunaises

200g vegetable stock

5cl lemon juice

40g water

20g corn starch

Remove the yellow part of the sprouts and wash them in ice water, strain and



slice them at an angle, 1.5 cm long. Once done set them aside to dry on tissue paper. Create portions of 85gr per person and place in small round containers. Melt 20 gr of butter in a pot and cooked the button mushroom brunaise with the lid on. Deglaze with the lemon juice and reduce by half and add the vegetable stock, reduce by half again and mix the two together with the corn-starch already mixed in water. Lastly, mix in the remaining 40 gr of butter and place on a flat tray and cover with a cling film, allowing it to cool in the fridge.

30g almond flakes

1 bunch of chives

1 lime

10g chopped garlic

8ml soya sauce

5ml olive oil

50g grated Parmesan

1 Chop half of the chives and slice into sticks 2 cm long. Roast the almond flakes in butter and strain.

2 In a wok, cook the soya sprouts quickly in olive oil, add the garlic and deglaze with the soya sauce.

3 Put some base in a small pot add the sautéed soya bean sprouts, while cooking, continuously stirring the mixture, add the chopped chives and grated parmesan, add seasoning and check the consistency (add more vegetable stock if the mixture is too stiff). Place the portions



STAY by Yannick Alléno was the winner of BEST NEW RESTAURANT 2011 in the BBC Good Food ME Awards. Congratulations to Alléno, Chef de Cuisine Cyril Bonnard and the team!



The Californian

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Flavours from the Cape

Impress
your
guests

Warm up winter with **Sara Buenfeld**'s spicy menu,
inspired by a trip to South Africa

PHOTOGRAPHS **PHILIP WEBB**

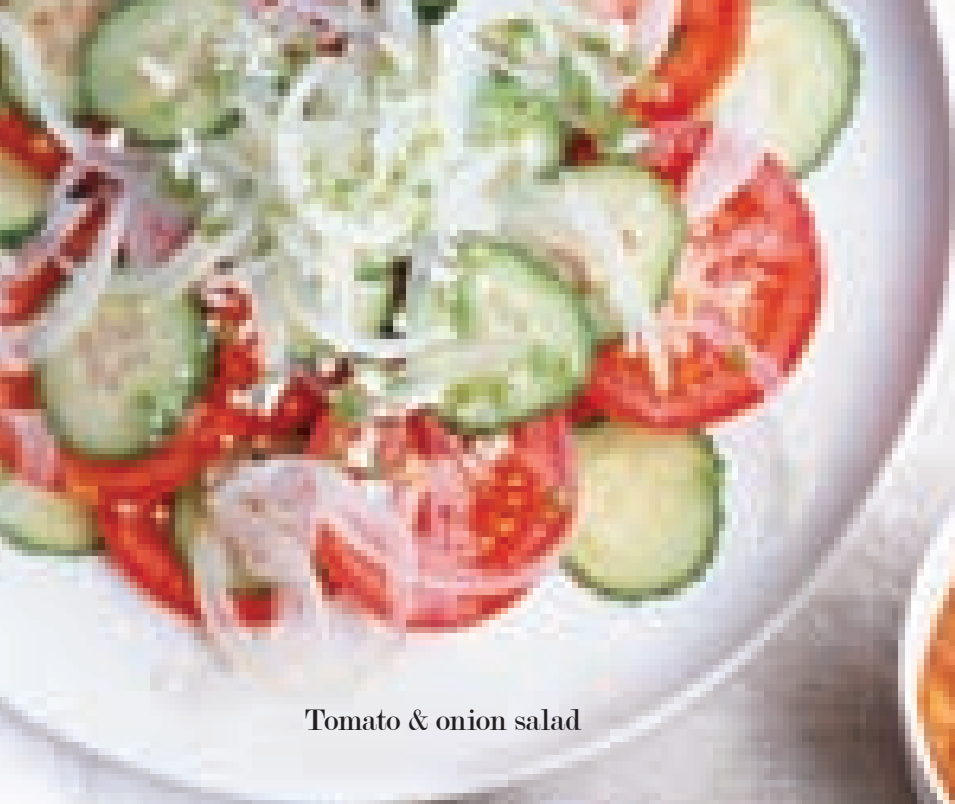
MENU SERVES 6

• Prawn cakes with coriander sambal

• Bobotie
• Yellow rice
• Apricot blatjang
• Tomato & onion salad

• Coconut tart
• Rooibos tea

Prawn cakes with coriander sambal



Tomato & onion salad



Apricot blatjang



Bobotie



Yellow rice

TRAVEL THE CAPE

Last summer I was lucky enough to visit Cape Town, and it exceeded all my expectations. Exceptionally beautiful, with a dramatic backdrop of Table Mountain, its varied history is reflected in its food.

A local woman told us about her family's origins and the food known as Cape Malay – a unique cuisine formed from a combination of cultures from Africa, Europe and Asia.

Her ancestors, like so many others from India and Indonesia, were brought to South Africa as Muslim slaves, bringing with them spices that they incorporated with the local ingredients, such as fresh and dried fruits, meat and seafood. Her story inspired me, so I've put together a casual Cape Malay menu for you to cook for your friends – which will hopefully inspire you, too, and bring a bit of African sunshine into your winter months.



Prawn cakes with coriander sambal

SERVES 6 ● PREP 20 mins ● COOK 8 mins

Easy Good source of vitamin C, low fat

It's easy to spot the Indian influence in the coriander sambal (pronounced sam-bill) – take out the green pepper and it's something I've eaten many times with tandoori chicken.

FOR THE FISHCAKES

3 slices white bread, halved

2 shallots, halved

1 garlic clove, crushed

400g/14oz raw peeled prawns or skinned unsmoked haddock

generous grating fresh nutmeg

1 large egg

2 tbsp sunflower oil, for frying

FOR THE SAMBAL

1 green pepper, deseeded

1 green chilli, deseeded

slice fresh root ginger

2 garlic cloves

2 x 20g packs coriander

1 tsp caster sugar

2 tsp white malt vinegar

juice 1 small lemon

1 Put all the ingredients for the fishcakes, except the oil, in a food processor with seasoning and blitz until really well blended. Shape into 12-18 round patties, then chill for up to 1 day until ready to serve.

2 Wash the food processor, then blitz all the sambal ingredients together to make a bright green, wet paste. Season and chill.

3 When ready to serve, fry the fishcakes in the oil for a few mins on each side until golden – they will be firm, like Thai fishcakes rather than those made with potato. Pile onto a platter with a bowl of the sambal to serve with drinks, or plate up and serve as a starter.

PER SERVING 153 kcalories, protein 15g, carbohydrate 11g, fat 6g, saturated fat 1g, fibre 1g, sugar 2g, salt 0.61g

Apricot blatjang

SERVES 6 with leftovers ● PREP 5 mins plus soaking ● COOK 20-25 mins **Easy**

Counts as 1 of 5-a-day, fat-free

Blatjang, pronounced blud-young, is a condiment traditionally served with bobotie and other meat dishes. It is a cross between fruit chutney and jam.

250g pack ready-to-eat dried apricots

1 red onion, quartered

½ tsp dried crushed chilli

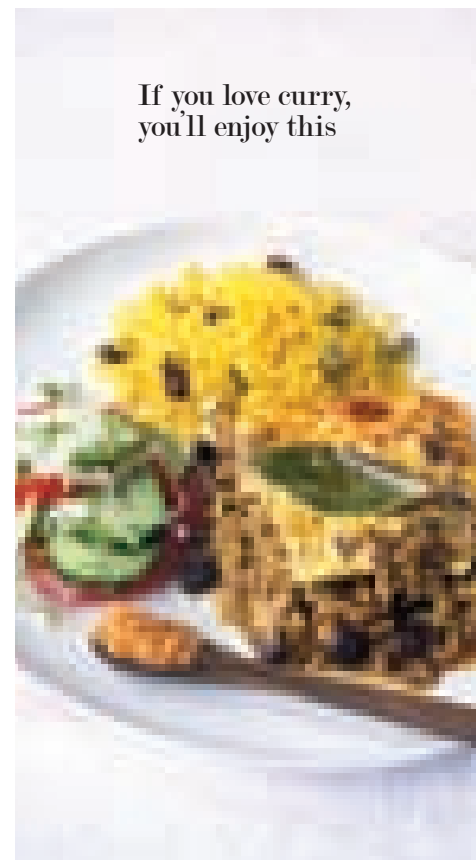
2 garlic cloves

50ml/2fl oz white malt vinegar

1 heaped tbsp light muscovado sugar

Put the apricots in a bowl and pour over 600ml boiling water. Leave for 30 mins to soak and cool. Tip the apricots and their soaking liquid into a food processor with all the remaining ingredients, then blitz until smooth. Tip into a saucepan, then cover and simmer for 20-25 mins until thick and pulpy.

PER SERVING 90 kcalories, protein 2g, carbohydrate 21g, fat none, fibre 3g, sugar 20g, salt 0.02g



If you love curry,
you'll enjoy this

Yellow rice

SERVES 6 ● PREP 2 mins plus 5 mins standing

● COOK 10 mins **Easy** before cooking

Good for you, low fat

This is delicious – vibrant with spices, with a sweet note from the sugar and raisins.

350g/12oz basmati rice

50g/2oz butter

1 heaped tbsp caster sugar

1 tsp ground cinnamon or ½ cinnamon stick

6 cardamom pods, shelled and seeds crushed

just under 1 tsp ground turmeric


5 tbsp raisins

Put all the ingredients in a large pan with 1 tsp salt and 500ml water, then heat until boiling and the butter has melted. Stir, cover and leave to simmer for 6 mins. Take off the heat and leave, still covered, for 5 mins. Fluff up and tip into a warm bowl to serve.

PER SERVING 313 kcalories, protein 5g, carbohydrate 61g, fat 7g, saturated fat 4g, fibre none, sugar 13g, salt 0.98g

Bobotie

SERVES 6 ● PREP 30 mins ● COOK 35-40 mins

Easy  *Pronounced ba-boor-tea, the national dish of South Africa is a delicious mixture of curried meat and fruit topped with an egg custard, not dissimilar to moussaka.*

- 2 slices white bread
- 2 onions, chopped
- 25g/1oz butter
- 2 garlic cloves, crushed
- 1kg pack lean minced beef
- 2 tbsp Madras curry paste
- 1 tsp dried mixed herbs
- 3 cloves
- 5 allspice berries
- 2 tbsp peach or mango chutney
- 3 tbsp sultanas
- 6 bay leaves

FOR THE TOPPING




- 300ml/½pt full-cream milk
- 2 large eggs

- 1 Heat oven to 180C/fan 160C/gas 4. Pour cold water over the bread and set aside to soak.
- 2 Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the curry paste, herbs, spices, chutney, sultanas and 2 of the bay leaves with 1 tsp salt and plenty of ground black pepper.
- 3 Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended. Tip into an oval ovenproof dish (23 x 33cm and about 5-6cm deep). Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.
- 4 For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.

PER SERVING 386 kcalories, protein 43g, carbohydrate 20g, fat 16g, saturated fat 6g, fibre 1g, sugar 13g, salt 0.97g

Tomato & onion salad

SERVES 6 ● PREP 10 mins ● NO COOK


Easy    Counts as 1 of 5-a-day, fat-free

- 1 onion, thinly sliced
- 4 tomatoes, sliced
- ½ cucumber, sliced (optional)
- 1 green chilli, deseeded and finely chopped
- 2 garlic cloves, finely chopped
- 2 tbsp white malt vinegar
- 1 tsp caster sugar

Pour boiling water over the onion and leave for 10 mins. Arrange the tomatoes and cucumber (if using) on a plate, then scatter over the drained onions. Mix the chilli and garlic with the vinegar and sugar, then season with salt. Drizzle over the salad just before serving. *This can be prepared and chilled up to 1 hr ahead, but dress just before serving.*

PER SERVING 23 kcalories, protein 1g, carbohydrate 5g, fat none, fibre 1g, sugar 4g, salt 0.02g

Coconut tart

CUTS INTO 8 slices ● PREP 20 mins ● COOK 50 mins **Moderately easy**  *The filling of this tart ends up a like a gorgeous, sweet, coconut macaroon.*

- ½ tsp ground cinnamon
- 4 cardamom pods, shelled and seeds crushed
- 175g/6oz desiccated coconut
- 225g/8oz caster sugar
- 25g/1oz butter, melted
- ¾ 500g block all-butter shortcrust pastry
- plain flour, for dusting
- 1 egg, beaten
- Cape gooseberries (also known as physalis), to serve (optional)

- 1 Heat oven to 200C/fan 180C/gas 6. Place a shallow 23cm flan tin on a baking tray. Tip the spices, coconut and sugar into a pan with 150ml water and cook over a low heat for about 5 mins, stirring frequently to ensure the mixture doesn't catch. Set aside to cool.
- 2 Meanwhile, roll out the pastry on a lightly floured surface and use to line the flan tin. Trim off the excess pastry, fill the pastry case with

Wonderful for teatime, too



baking parchment and baking beans and cook for 15 mins. Remove the beans and cook for 5 mins more so the pastry on the base of the tin is just cooked, but not brown.

3 Beat the egg into the cooled coconut mixture, then spoon into the pastry case and smooth the top. Bake for 25 mins until the pastry is golden and the coconut pale golden. Serve with cream or real vanilla ice cream and some Cape gooseberries, then follow with cups of black Rooibos tea.

PER SERVING 567 kcalories, protein 6g, carbohydrate 62g, fat 35g, saturated fat 20g, fibre 5g, sugar 32g, salt 0.73g

Rooibos tea

South Africa is well known for its Rooibos tea, a refreshing aromatic herbal infusion that's high in antioxidants, putting it on a par with green and white teas. It is widely available in UK supermarkets as leaves and teabags, and you can drink it with or without milk. In South Africa, it is taken for its medicinal properties too – it's claimed to settle stomachs, reduce blood pressure and ease eczema.

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the mum who loves to cook



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*Source: GfK 41 Countries - June 2011

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Going bananas cake
– recipe, p84



86 Quichy Quiche

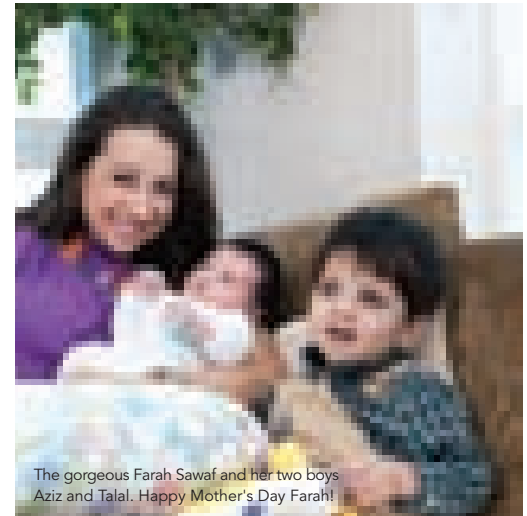


97 Moroccan meatball tagine
with lemon & olives



104 Lamb & potato bake

Cooking with a manicure - brunch for mommy



The gorgeous Farah Sawaf and her two boys Aziz and Talal. Happy Mother's Day Farah!

Sassy food marketing guru and the mastermind behind Cooking with a Manicure website, Farah Sawaf creates a whimsical breakfast to enjoy with the family this Mother's Day



Going bananas cake

SERVES 6 -8

This is a great escape into any mother's sweet craving, with very little guilt as this is not a heavy cake to make! The bananas add a savoury moist texture having you want this for breakfast lunch and dinner.

Recommended NStyle nail polish colour for this recipe: Gold Souk

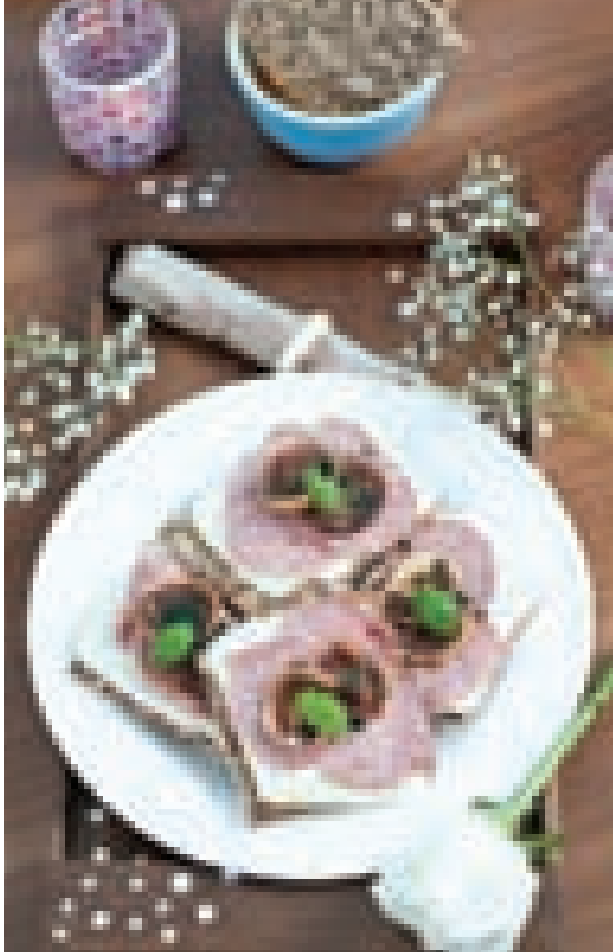
1 egg
1 cup of sugar
1 tsp vanilla
inside of 1 vanilla pod (if available)
½ cup vegetable oil
2 ripe bananas, mashed
4 tsp plain yoghurt
1 ½ cup all-purpose flour, sifted
1 tsp baking soda
1 tsp ginger powder
½ tsp cinnamon
pinch of salt

1 Using an electric mixer beat the egg with sugar, vanilla, and oil. Add bananas and yoghurt until fluffy and slowly mix in flour, baking soda and ginger powder.

2 In a buttered baking pan heat for 40 minutes on 180 degrees Celsius.

3 Cool for 20 minutes before serving and flip over onto your favorite cake dish.

4 Garnish with fresh bananas.



Salami cheese crisp

SERVE 8 – 10

The savoury salty flavour of the salami mixed with the sweet deep flavour of the fig with creamy cheese- doesn't that sound like a party in your mouth?

Your mama will be thanking you for the awakening of taste buds in the morning!

Recommended NStyle nail polish colour for this recipe: Pout them lips

200g sliced turkey salami circles

(Organic Store will cut it up for you)

200g hard goat Alpine cheese (this has more of a creamy flavour to it), cut into long slices

5 dried organic figs, sliced in circles
(Jenny's Figs found in the Organic Food and Café)

Organic crispy bread
fresh basil for garnish

1 Stack on a skewer by placing turkey salami, cheese and fig on the crispy bread, in order.

2 Garnish with basil for presentation/colour.

Flippin' good blueberry pancakes

SERVES 3- 4 ● PREP 15 MIN

This is such a yummy breakfast treat sure to satisfy the whole family. To give it that piece de resistance drizzle some sticky syrup on top. For a delicious maple syrup substitute why not try Agave syrup.

Recommended NStyle nail polish color for this recipe: Cinnamon

DRY INGREDIENTS

2 1/4 cups all purpose organic flour

1/2 tsp salt

1/2 tsp baking powder

(Dove's Farm organic)

3/4 tsp baking soda

(Bob's Red Mill organic)

1/2 tsp cinnamon powder

1/4 tsp ginger powder (Artemis organic)

3 tbsp sugar

WET INGREDIENTS

2 organic eggs, large

1/2 cup buttermilk

1 cup fresh milk

3 tbsp warm melted butter

1 cup fresh blueberries
vegetable oil

Maple or agave syrup icing sugar for decor

1 Mix all the dry ingredients together and sieve into a large bowl.

2 In a separate bowl, whisk the egg, slowly adding the milk and buttermilk. Pour the wet ingredients into the dry ingredients and combine with a wooden spoon to form a batter. Stir in the melted butter - but do not over mix, a little lumpy is good!

3 Heat a large frying pan and add a little vegetable oil. Using a ladle pour a spoonful of the batter onto the pan. Dot 8-10 blueberries on top of the batter and cook for 2-3mins. When air bubbles start to occur on the surface, flip over the pancake and cook the other side for a further minute.

4 Stack up the required amount over pancakes on a plate and drizzle with maple syrup.

5 Add blueberries and a sprinkle of icing sugar for that extra touch.





A Berry-licious Morning

SERVES 2 ● PREP 10 MINUTES

"I try to start my day this way at least 3 to 4 times a week, and what a difference it has made."

Flaxseed is very high in omega-3 essential fatty acids that can lower cholesterol, stabilise blood sugar, lower the risk of breast, prostate and colon cancers and can reduce the inflammation of arthritis. So why not dive into this as much as you can? This is a special sweet and healthy treat for the family to cheers to a wonderful mama!

Recommended NStyle nail polish color for this recipe: French Kiss

- 1 ½ cup mixed berries (frozen is fine, no need to thaw), found in the Organic foods and Café frozen section**
- 2 cups low-fat milk (Fettarme Organic)**
- 2 tbsp low-fat plain or any berry flavored yoghurt**
- 2 tbsp flaxseed powder or whole flaxseeds**
- 1 tbsp of honey (Organic Good Earth brand)**
- ½ tsp vanilla extract ½ tsp sugar**

Place all ingredients into a blender and purée. Add more milk as you purée if you like a thinner texture.

Quichy Quiche

SERVES 4-6 ● PREP 1 HOUR

I took this dish to a party once and it was gone before we set out the forks. Yes, it was devoured with sets of hands! Quiche is such a wonderful meal as it gives you the creamy egg flavour coupled with puff pastry sending it off with a chewy then crunchy texture. Your mama will be asking for seconds and thirds in no time! Perfect for a breakfast in bed meal.

Recommended NStyle nail polish colour for this recipe: Cinnamon

- 1 thick sheet puff or short crust pastry (frozen fine if thawed completely)**
- 2 medium green asparagus stalks, chopped**
- 3-4 torn leaves of fresh organic spinach**
- ½ cup white button mushrooms, thinly sliced**
- 1 cup sweet Organic corn- Bionova**

- ¼ cup yellow onion, thinly sliced olive oil for sautéing (Iliada kalamata)**
- 3 organic eggs, extra large 1 cup extra- cooking cream (Organic Andecheer)**
- ½ tsp ground nutmeg powder**
- 1 ¼ tbsp all purpose flour**
- ½ tsp salt**
- ½ tsp ground black pepper**
- 1 cup low fat mozzarella cheese, shredded**
- 1/2 cup low fat cheddar cheese, shredded**

- 1** Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius)
- 2** Roll out the puff pastry and place into a flour-dusted 10 inch (25.5 cm) pie pan, about 1 ½ inch high (3.5 cm).
- 3** Press dough all over lightly with fork including sides tightly and place in oven for 5 minutes. Remove from the oven and set aside until ready to use.
- 4** In a large pan, drizzle olive oil over medium heat. Sauté the asparagus, spinach, mushrooms, corn and onion for

five minutes. Turn heat off.

5 Combine eggs, cream, flour, nutmeg, salt and pepper in a small bowl and whisk. Then combine with vegetables, continuously stirring over medium heat for 2 minutes. Bring to a light boil, then change setting to low heat, add the mozzarella cheese. Stir well over the low heat and make sure it's all melted.

6 Pour egg mixture into the pie pan and sprinkle cheddar cheese on top. Use a fork to swirl the cheese lightly into the egg mixture.

7 Place in the oven on lower middle rack and bake for approximately 30 minutes depending on how brown you want the top of the quiche. (Note that center of pie will rise but after removing from oven it will go down.)

8 Remove the pie pan from the oven and allow it to cool for 20 minutes to harden before cutting into slices and serving or else it will still be too soft to cut.





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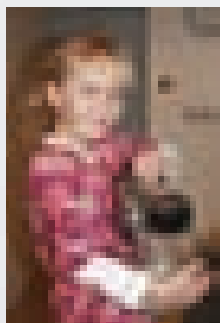
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Junior cook



I like making this cake because I love using the hand mixer.

My favourite filling is butter cream and strawberry jam, but sometimes I use raspberry. I put

hundreds and thousands round the edge to make it look pretty

GABY, AGE 7, LONDON

Gaby's Victoria sandwich

SERVES 8 • PREP 30 MINS •

COOK 20 MINS **Easy** UNDECORATED

140g/5oz butter, softened

140g/5oz caster sugar

2 eggs

140g/5oz plain flour

1 tsp baking powder

1-2 tsp milk

FOR THE FILLING

100g/4oz butter, very soft

140g/5oz icing sugar, plus extra for dusting

2-3 tbsp strawberry or raspberry jam
hundreds and thousands, to decorate

1 Heat oven to 180C/160C fan/gas 4. Grease and line 2 x 20cm sandwich tins. Beat the butter and sugar together with an electric whisk until

fluffy. Beat in the eggs, followed by the flour and baking powder. Add enough milk to the mixture so that it falls off a spoon easily. Divide between the tins and bake for 20 mins or until a skewer comes out clean. Turn the cakes out onto a wire rack and cool.

2 To make the filling, beat the butter until smooth, then gradually beat in icing sugar. Spread butter cream on one cake up to the edges. Spread a layer of strawberry jam on top. Put the second cake on top and squash it down so the butter cream sticks out a bit. Press hundreds and thousands onto the butter cream with a teaspoon. This is messy, so put the cake plate on a tray to catch any that escape. Dust the top with icing sugar, if you like.

PER SLICE 439 kcals, protein 2g, carbs 55g, fat 25g, sat fat 16g, fibre none, sugar 41g, salt 0.58g

A treat for mum



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WEEKEND

Smart food for friends

With this menu I've kept the layered flavour combinations that I love to serve in my restaurant, but I've simplified the recipes for you to cook at home. When cooking for friends, you always want to push the envelope a little, but you should also be able to enjoy their company TOM KERRIDGE, BBC'S Great British Menu CHAMPION



Seared scallops with
flavoured greens

PHOTOGRAPHS PETER CASSIDY | FOOD STYLING LIZZIE HARRIS | STYLING SUE ROWLANDS

Impressive menu for 6

- Seared scallops with flavoured greens
- Rum babas with poached pineapple & vanilla cream

Restaurant-style pudding
you can make ahead



Seared scallops with flavoured greens

SERVES 6 • PREP 15 mins •

COOK 10 mins **Moderately easy**

Superhealthy Good source of vitamin C

The size of scallops can vary. If you buy them from a supermarket, they will be smaller and you will need three per serving. But if they are big ones from a fishmonger, you can halve them horizontally so you will only need one-and-a-half per person.

2 tbsp rapeseed oil

3 shallots, diced

2 garlic cloves, crushed

zest and juice 2 lemons

300g/10oz dark greens, such as cavalo nero or kale, stalks removed then shredded

50g/2oz anchovies, chopped

9 large scallops, roe removed and halved horizontally
knob of butter

1 Heat half the oil in a frying pan. Add the shallots, garlic and lemon zest, and fry gently until soft. Add the greens the anchovies, and cook for 5 mins until the leaves are wilted.

2 Meanwhile, heat the remaining oil in a non-stick pan, then add the scallops and fry for 1-2 mins on each side. Add the butter and lemon juice to the pan and swirl until the butter melts and you have a glossy sauce. Divide the cabbage and scallops between 6 plates and serve with the pan juices spooned over.

PER SERVING 146 kcals, protein 18g, carbs 1g, fat 8g, sat fat 2g, fibre 2g, sugar 1g, salt 1.33g

TO GET AHEAD

- Make the stock for the gravy up to two days before.
- The beetroot can be boiled and peeled the day before, ready to reheat.
- The dessert needs to be made ahead. Bake the rum babas, poach the pineapple and whip the cream the day before. Store the babas in an airtight container and keep the pineapple and cream in the fridge.

Rum babas with poached pineapple & vanilla cream

SERVES 6 • PREP 1 hr plus proving and cooling • COOK 35 mins

Moderately easy

I'm so pleased to see this dessert come back into fashion again.

FOR THE BABAS

75ml/2½fl oz milk

2 tbsp caster sugar

3 tsp dried yeast

175g/6oz plain flour, plus extra for dusting

2 large eggs, lightly beaten

50g/2oz butter, melted and cooled, plus extra for greasing

FOR THE POACHED PINEAPPLE

4 star anise

4 bay leaves

20 coriander seeds

500g/1lb 2oz caster sugar

1 small pineapple, peeled, sliced into rings and cored

250ml/9fl oz golden rum, plus extra for serving

50g/2oz butter (optional)

black pepper (optional)

FOR THE VANILLA CREAM

400ml/14fl oz double cream

50g/2oz icing sugar

1 vanilla pod, seeds only

1 For the babas, gently heat the milk, then allow to cool slightly so it's tepid. Add 1 tsp sugar to the yeast, then pour in the milk and allow to stand for a few mins until the mixture is foamy. Combine the flour, remaining sugar and ½ tsp salt in a bowl, then pour in the yeast mixture, eggs and the melted butter and mix until smooth and shiny. Cover with a tea towel and leave to prove in a warm place for 1 hr.

2 Butter and flour 6 dariole moulds or small metal pudding moulds. Knock back the dough; then, using your fingers, form 6 little balls and place 1 ball into each mould. Leave to prove again until the dough starts to rise over the top of the moulds, about 30-40 mins. Meanwhile, heat oven to 180C/160C fan/

gas 4. Space the moulds out on a baking

tray, then cook for 15 mins. Leave to cool for a few mins, then carefully loosen the babas away from the sides with a small sharp knife. Turn out onto a wire rack and leave to cool.

3 For the poached pineapple, put the star anise, bay leaves, coriander seeds and sugar into a large pan with 1 litre of water, and bring to the boil. Reduce the heat, add the pineapple and cook for 20 mins. Leave to cool for 5 mins, then take out the pineapple, drain and set aside. Add the rum to the syrup and allow to cool. *Can be made the day ahead up to this point.*

4 To make the vanilla cream, whip the cream with the icing sugar and vanilla seeds to soft peaks. Set aside, then chill until ready to use.

5 Halve the babas and drench in the rum syrup until soaked through. Serve with the pineapple chopped into chunks, plus a dollop of cream extra syrup for everyone to drizzle over. If you like, you can heat the 50g butter in a frying pan until browned, cook the pineapple rings on both sides until golden, then grind over black pepper before serving as above.

PER SERVING 1,131 kcals, protein 8g, carbs 141g, fat 53g, sat fat 30g, fibre 3g, sugar 118g, salt 0.77g





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Cooking with Auntie Sara

6 *Mothering Sunday has become so commercial that many children don't think to make, rather than buy a gift. I recently discovered a stash of homemade cards that my brother and I gave to our mum over 30 years ago, and she still remembers her pleasure at receiving them. So, I was delighted when Billy and Natasha asked me to help them make some simple chocolates for their mum this year. Although they won't last as long as our cards, I am sure that the memory of receiving them will 9*

Food director Sara Buenfeld helps her nephew Billy and niece Natasha to create handmade chocolates for Mothering Sunday photographs MYLES NEW



Fruit & nut chocolate chequers

MAKES 8 of each flavour • PREP 40 mins plus setting **Easy**

FOR THE WHITE CHOCOLATES

150g white chocolate
1 tbsp dried raspberry flakes
8 toasted almonds, halved
8 pecan halves
8 pinches cocoa for dusting

FOR THE DARK CHOCOLATES

150g dark chocolate
1 tbsp candied peel
1 tbsp dried cranberries or raisins
8 sugared cashews

PER CHOCOLATE 259 kcals, protein 4g, carbs 29g, fat 15g, sat fat 7g, fibre 1g, sugar 27g, salt 0.07g

Other flavours you can try

You don't have to stick to the flavours that we chose. Before you start, think about the person you are making them for and the things they like to eat. It's worth looking through the storecupboard for ingredients, too. Here are some ideas: • chopped crystallised ginger • hazelnut & raisin • crushed extra strong mints • chopped fudge • broken peanut brittle • chocolate-covered nuts • colourful sweets like Smarties • dried strawberry & blackcurrant flakes.

You will need

- 1-2 chopping boards
- large cook's knife
- baking paper
- 2 baking trays
- 2 pans with heatproof bowls that fit on top
- 2 tablespoons and 2 teaspoons
- a box to present them in, tissue paper and ribbon

A few golden rules

- Be strict with food hygiene. Get children to wash their hands before cooking and during preparation.
- Discourage children from eating the chocolate from the bowls or licking their fingers until the chocolates are made – however tempting!
- Never leave children unsupervised, particularly during preparations with sharp knives, graters, boiling water and hot pans.



1 Get started

Roughly chop the chocolate on chopping boards with a large sharp knife – chopping rather than breaking it into squares will help it to melt nice and quickly. Get someone to help if necessary. Line 2 baking trays with baking paper.



2 Melt the chocolate

Put 2 heatproof mixing bowls over pans half-filled with water – make sure that the base of the bowls doesn't touch the water. Add the chocolate, then leave to melt over a gentle heat. Once it starts to melt round the edges of the bowl, stir gently just once or twice, then leave to melt again. Remove from the heat.



3 Make the shapes

Take care, as the bowls will be hot. Using a teaspoon, spoon the melted chocolates onto the paper in round shapes as evenly sized as possible – you need 16 of each type of chocolate. Leave a teaspoon of the white chocolate in the basin for later.



4 To decorate the white chocolates

Chop the raspberry flakes, then scatter on half the rounds and top with 2 almond halves. Put a pecan on the rest, then swirl over a little of the chocolate left in the bowl. Sprinkle with cocoa.



5 To make the dark chocolates

Scatter half the rounds with the candied peel and the other half with the chopped cranberries and sugared cashews. Or try a combination of them all.



6 Leave to set

Leave the chocolates to set and harden for about 3 hours (the dark chocolate will set before the white), then pack carefully into a box. They will keep for a week.




Lemon fresh

Give your cooking a zesty lift this winter with these seasonal recipes from **Jo Pratt**

Photographs by STUOVENDEN

Moroccan meatball tagine with lemon & olives

SERVES 4 • PREP 25 mins •

COOK 40 mins **Easy**  Low calorie

This dish is wonderfully aromatic with a tangy flavour. It works well for a dinner party, served with fluffy couscous, or can also be served as a rustic supper with fresh crusty bread.

3 onions, peeled
500g/1lb 2oz minced lamb
zest and juice 1 unwaxed lemon, plus
1 whole unwaxed lemon, quartered
1 tsp ground cumin
1 tsp ground cinnamon
pinch cayenne pepper
small bunch flat-leaf parsley, chopped
2 tbsp olive oil
thumb-sized piece ginger, peeled and grated
1 red chilli, deseeded and finely chopped
pinch saffron strands
250ml/9fl oz lamb stock
1 tbsp tomato purée
100g/4oz pitted black Kalamata olives
small bunch coriander, chopped
couscous or fresh crusty bread, to serve

1 Put the onions in a food processor and blitz until finely chopped. Put the lamb, lemon zest, spices, parsley and half the onions in a large bowl, and season. Using your hands, mix until well combined, then shape into walnut-sized balls.

2 Heat the oil in a large flameproof dish, or tagine with a lid, then add the remaining onions, ginger, chilli and saffron. Cook for 5 mins until the onion is softened and starting to colour. Add the lemon juice, stock, tomato purée and olives, then bring to the boil. Add the meatballs, one at a time, then reduce the heat, cover with the lid and cook for 20 mins, turning the meatballs a couple of times.

3 Remove lid, then add the coriander and lemon wedges, tucking them in between the meatballs. Cook, uncovered, for a further 10 mins until the liquid has reduced and thickened slightly. Serve hot with couscous or fresh crusty bread.

PER SERVING 394 kcals, protein 31g, carbs 11g, fat 26g, sat fat 9g, fibre 3g, sugar 8g, salt 1.7g



I always have lemons in my kitchen, as they are amazingly versatile in both savoury and sweet dishes. They can be used fresh, cooked or preserved, and both the skin and flesh are edible. Lemons are available all year round; however, they're really at their best between January and March




Smart but inexpensive one-pot

WEEKEND

Leek, goat's cheese, walnut & lemon tart

SERVES 4 • PREP 25 mins •

COOK 30 mins **Easy** **V** 

A no-fuss vegetarian main course or quick lunchtime treat.

1 tbsp olive oil, plus extra for drizzling
25g/1oz butter
2 medium leeks, sliced
2 tbsp chopped thyme leaves
zest **2** lemons and juice **1** lemon
375g pack ready-rolled puff pastry
200g/7oz soft spreadable goat's cheese
50g/2oz walnut pieces
little chopped parsley, to serve

1 Heat oven to 220C/200C fan/gas 7. Heat the olive oil in a large frying pan, then add the butter. Once sizzling, add the leeks and cook over a medium heat until softened but not coloured. Stir in the thyme and half the lemon zest, then increase the heat. Add the lemon juice and cook for about 30 secs until the lemon juice reduces, then season well. Remove from the heat and cool slightly.
2 Unroll the pastry and lay on a baking sheet lined with baking parchment. Lightly mark a 1cm border around the

edges with the tip of a sharp knife, then prick the base all over with a fork.

3 Spread the lemony leeks on top of the pastry, within the border. Crumble over the cheese, scatter with the walnuts, then season with pepper. Drizzle with some olive oil, brushing the edges with a little oil as well. Put tart in the oven for 15-20 mins until the pastry puffs up around the edges and is golden brown. Scatter with parsley and the remaining lemon zest. Serve hot, warm or cool.

PER SERVING 683 kcals, protein 19g, carbs 35g, fat 52g, sat fat 24g, fibre 2g, sugar 3g, salt 1.6g




Breakfast in bed

With Mother's Day coming up on 18 March, it is time to treat your precious mum or wife to a delicious breakfast in bed. Whip up this yummy crepe suzette and serve it on a tray with a flower and a nice cup of Continental Coffee

Crêpes Suzette

Serves 4-6 • PREP 15 mins •

COOK 35 mins **Moderately easy** 

This recipe is a fine way to elevate the humble pancake into a smart pudding.

1 x classic pancake recipe
3 tbsp caster sugar
250ml/9fl oz freshly squeezed orange juice (2-3 oranges)
zest 1 orange
1 tsp lemon juice
1 tbsp Grand Marnier or Cointreau
50g/2oz unsalted butter

- 1** Prepare pancakes following your favourite classic recipe. Fold the pancakes into quarters.
- 2** Tip the caster sugar into a non-stick frying pan and set the pan over a low-medium heat. Allow the sugar to melt slowly without stirring and continue to cook until it becomes a deep amber-coloured caramel.
- 3** Immediately slide the pan off the heat and add the orange juice – be careful as it may splatter and spit as it hits the hot caramel. Add the orange zest, lemon juice, the Grand Marnier and return the pan to a low heat to re-melt the caramel into the liquid.
- 4** Add the butter to the sauce in small pieces, bring to the boil and simmer gently until glossy and reduced slightly. Add the pancakes to the pan and warm through. Serve immediately.

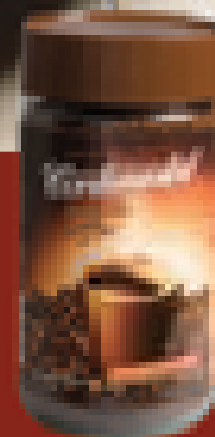
PER SERVING 451 kals, protein 9g, carbs 51g, fat 22g, sat fat 13g, fibre 1g, sugar 24g, salt 0.17g



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Everybody loves Ice cream

This fruity recipe doesn't need an ice cream machine, so it's simple to make up a batch, pop it in the freezer, then enjoy in the sunshine

Raspberry ripple ice cream

SERVES 12 • PREP 20 mins plus freezing

• COOK 10 mins **Moderately easy**

250g/9oz raspberries, plus extra to serve, if you like
225g/8oz caster sugar
2 large eggs, plus 4 egg yolks
600ml/1 pt double cream
sliced mango, sprinkles, or cones, to serve

1 Place the raspberries and 2 tbsp of the sugar in a small pan. Cook on a medium heat until sugar dissolves. Simmer for 5 mins until thickened, then push through a sieve into a bowl and discard the seeds left in the sieve.

2 Place the eggs, egg yolks and remaining sugar in a bowl. Whisk with an electric whisk to combine, then place over a pan of gently simmering water – make sure the bowl isn't actually touching the water. Beat with the electric whisk for 3-4 mins until thick and pale. Remove from heat and continue beating until cool.

3 In another bowl, whisk the cream until it forms soft peaks, then gently fold into the cool egg mix until just combined. Pour the mix into a shallow container or dish that can be frozen.

4 Gently swirl the raspberry coulis through, cover with cling film and freeze for at least 6 hrs. Serve scoops in bowls with sliced mango and extra raspberries, or scoop into cones and top with sprinkles for the kids.

PER SERVING 1193 kJ, protein 4g, carbs 18g, fat 22g, sat fat 13g, fibre 1g, sugar 18g, salt 0.50g



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Full of flavour



These versatile recipes are packed with interesting flavours and are just the sort of thing I serve for

a family get-together or a casual summer dinner party

Lavender roast leg of lamb

SERVES 4-6 • PREP 15 mins plus resting

• COOK 1 hr 40 mins **Easy**

Using lavender instead of rosemary gives the lamb a summery flavour.

2.25kg/5lb leg of lamb

4 garlic cloves, thinly sliced

10 fresh lavender sprigs or 1 tbsp dried

2 tbsp honey

1 Heat oven to 180C/160C fan/gas 4. Use a sharp knife to make 2cm-deep cuts all over the lamb. Poke a slice of garlic and a lavender sprig into each one.

2 Put the lamb into a roasting tin, pour over half the honey and some seasoning, then cook for 1 hr 20 mins. Remove from oven, pour over the rest of the honey and cook for 20 mins more. Remove from the oven and rest for 15 mins before carving.

PER SERVING (4) 715 kcs, protein 83g, carbs 7g, fat 40g, sat fat 19g, fibre none, sugar 6g, salt 0.47g



3
WAYS WITH
LAMB

Delicate floral fragrance



Good
for a
BBQ

Lemon & rosemary lamb kebabs
with tahini aubergines – recipe on page 104



Lamb & potato bake

SERVES 4 ● PREP 20 mins ● COOK 1 hr 35 mins **Easy** ❄️ *This is my version of moussaka, it's a bit like a Greek shepherd's pie.*

4 large potatoes, sliced
1 tbsp olive oil
500g/1lb 2oz lamb mince
1 onion, chopped
3 garlic cloves, crushed
1 tsp dried oregano
leaves from 2 thyme sprigs
1 tsp cinnamon
400g can chopped tomatoes
250ml/9fl oz hot stock
100g/4oz cheddar, grated
For the white sauce
50g/2oz butter
4 tbsp plain flour
600ml/1pt milk
½ tsp freshly grated nutmeg
2 egg yolks

1 In a large pan, boil the potatoes for 5 mins or until tender. Drain, then return to the pan and allow to steam dry for about 5 mins.

2 Heat half the olive oil in a large frying pan over a medium heat, add the lamb and fry for 3-4 mins until browned. Drain off any excess fat, then add the onion, garlic, oregano, thyme leaves and cinnamon and cook for 5 mins until the onion is golden and soft. Tip in the tomatoes, stock and season. Bring to the boil, then reduce the heat and simmer for 20 mins until the sauce is slightly reduced and thickened. Remove from the heat and set aside.
3 Make the white sauce: melt the butter in a pan, when it bubbles add flour and stir over the heat for 1 min. Gradually add the milk, stirring, so you don't get any lumps, then cook for 2 mins until smooth and thick. Remove from heat, season, add nutmeg, then the yolks, one by one, and mix in.
4 Heat oven to 180C/160C fan/gas 4. Layer half the potatoes on the base of a large oval baking dish, pour on the meat, then finish with a layer of potatoes.
5 Pour over the white sauce, then sprinkle over the grated cheese. Bake for 45 mins until golden on top. Remove from the oven and allow to stand for 5 mins before serving.

PER SERVING 798 kcals, protein 45g, carbs 56g, fat 45g, sat fat 23g, fibre 5g, sugar 12g, salt 1.49g

Lemon & rosemary lamb kebabs with tahini aubergines

SERVES 4 ● PREP 30 mins plus marinating ● COOK 20 mins **Easy** 🍴

leaves from 2 rosemary sprigs, chopped
 zest and juice 2 lemons
 2 garlic cloves, crushed
 2 tbsp olive oil
 4 lamb chump steaks, diced
For the tahini aubergines
 2 aubergines, sliced lengthways into 1cm strips
 2 tbsp tahini paste
 zest and juice 1 lemon
 2 tbsp olive oil
 small bunch mint, half roughly chopped
 150g tub fat-free Greek yogurt
 flatbreads, to serve

1 Put the rosemary, lemon zest and juice, garlic and olive oil into a large bowl and mix. Stir in the lamb, cover and marinate in the fridge for at least 2 hrs. *You can do this a day in advance for extra flavour.*

2 About 1 hr before you want to eat, start the aubergines. Season strips well, then mix tahini, lemon zest and juice and olive oil and brush three-quarters over the slices. Grill or barbecue for 4-5 mins each side. Put in a bowl with the rest of the tahini mix, cover with cling film and allow to steam for 5 mins before mashing.

3 Thread the lamb onto 4 skewers and barbecue or grill for 8-10 mins, turning occasionally until lightly charred.

4 Mix the chopped mint with the yogurt and season. Heat flatbreads on the grill or barbecue, spread a spoonful of aubergine on top then add the lamb, a spoon of yogurt and mint leaves to serve.

PER SERVING 493 kcals, protein 35g, carbs 6g, fat 36g, sat fat 14g, fibre 4g, sugar 5g, salt 0.30g



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Easy bread

Learn to make a simple loaf with **Angela Nilsen's** step-by-step recipe, then follow her shape and flavour twists to create endless variations

Brown loaf

MAKES 1 ● PREP 20 mins plus rising

● COOK 30 mins **Easy** 

You'll have a baked loaf in 2½-3 hrs

400g/14oz malted grain brown bread flour, or wholemeal or granary bread flour

100g/4oz strong white bread flour

7g sachet easy-bake dried yeast (or 2 tsp Quick dried yeast)

1½ tsp salt

1 tbsp soft butter

4 tbsp mixed seeds (optional), such as linseed, pumpkin, sesame and sunflower, plus extra for sprinkling

1 Mix your choice of brown flour with the white, the yeast and salt in a large mixing bowl. Put in the butter and rub it into the flour. Stir in the seeds if using. Make a dip in the centre of the flour and pour in almost 300ml hand warm (cool rather than hot) water, with a round-bladed knife. Then mix in enough of the remaining water and a bit more if needed,

to gather up any dry bits in the bottom of the bowl and until the mixture comes together as a soft, not too sticky, dough. Gather it into a ball with your hands.

2 Put the dough on to a very lightly floured surface and knead for 8-10 mins until it feels smooth and elastic, only adding the minimum of extra flour if necessary to prevent the dough sticking. Place the ball of dough on a lightly floured work surface. Cover with an upturned, clean, large glass bowl and leave for 45 mins-1 hr or until doubled in size and feels light and springy. Timing will depend on the warmth of the room.

3 Knock back the dough by lightly kneading just 3-4 times. You only want to knock out any large air bubbles, so too much handling now will lose the dough's lightness. Shape into a ball. Cover with the glass bowl and leave for 15 mins. *Now shape to make a tin loaf*

4 Grease a 1.2-litre capacity loaf tin (about 23 x 13 x 5.5cm) and line the base with baking parchment. Using your knuckles, flatten the dough into a rectangle about 25 x 19cm. Fold

both shorter ends into the centre like an envelope, make a ¼ turn, then flatten again into the same size and roll up very tightly, starting from one of the short ends. Roll the top of the dough in extra seeds and place in the tin with the join underneath, pressing the seeds gently into the dough. Cover with a clean tea towel. Leave for 40-45 mins, or until risen about 5cm above the top of the tin.

5 Put a roasting tin in the bottom of the oven 20 mins before ready to bake and heat oven to 230C/210C fan/gas 8. Put the risen bread in the oven, carefully pour about 250ml cold water into the roasting tin (this will hiss and create a burst of steam to give you a crisp crust), then lower the heat to 220C/200C fan/gas 7. Bake for about 30 mins or until golden, covering with foil for the last 5 mins if starting to brown too quickly. Leave in the tin for 2-3 mins, then remove and cool on a wire rack. If you tap the underneath of the baked loaf it should be firm and sound hollow.

PER SLICE (20 slices) 91 kcs, protein 3g, carbs 18g, fat 1g, sat fat none, fibre 1g, sugar 1g, salt 0.38g

White loaf

MAKES 1 ● PREP 20 mins plus rising

● COOK 30 mins **Easy** 

You'll have a baked loaf in 2½-3 hrs

500g/1lb 2oz strong white bread flour

7g sachet easy-bake dried yeast (or 2 tsp Quick dried yeast)

1½ tsp salt

1 tbsp soft butter

1 Mix the flour, yeast and salt in a large mixing bowl. Put in the butter and rub it into the flour. Make a dip in the centre of the flour and pour in almost 300ml hand warm (cool rather than hot) water, with a round-bladed knife. Then mix in enough of the remaining water and a bit more if needed, to gather up any dry bits in the bottom of the bowl, until the mixture comes together as a soft, not too sticky, dough. Gather it into a ball with your hands.

2 Put the dough onto a very lightly floured surface and knead for 8-10 mins until it feels smooth and elastic, only adding the minimum of extra flour if necessary to prevent the dough sticking. Place the ball of dough on a lightly floured work surface. Cover with an upturned, clean, large glass bowl and leave for 45 mins-1 hr or until doubled in size and feels light and springy. Timing will depend on the warmth of the room.

3 Knock back the dough by gently kneading just 3-4 times. You only want to knock out any large air bubbles, so too much handling now will lose the dough's lightness. Cut off two-thirds and one-third with a sharp knife and shape both into round balls. Cover with the glass bowl and leave for 10 mins. *Now shape to make a cottage loaf*

4 Gently re-shape if necessary. Sit the larger ball on a baking parchment-lined baking sheet. Sit smaller ball in the centre of the

larger one and press down through the centre of the smaller one right into larger one with your finger (dipped in flour so it doesn't stick), to attach it. Dust the top with a little flour. Cover with a clean dry tea towel and leave for 40-45 mins, or until about doubled in size.

5 Put a roasting tin in the bottom of the oven 20 mins before ready to bake and heat oven to 230C/210C fan/gas 8. Put the risen bread in the oven, carefully pour about 250ml cold water into the roasting tin (this will hiss and create a burst of steam to give you a crisp crust), then lower the heat to 220C/200C fan/gas 7. Bake for 30-35 mins or until golden. Remove and cool on a wire rack. If you tap the underneath of the loaf it should be firm and sound hollow.

PER SLICE (20 slices) 92 kcs, protein 3g, carbs 19g, fat 1g, sat fat 1g, fibre 1g, sugar 1g, salt 0.39g

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Turn the page for six exciting bakes using these two loaf recipes ►

Cheese & caramelised onion coburg Makes 2



Using the brown loaf recipe 3 new ideas

Flavourings

1 large onion cut into thin wedges,
1 tbsp olive oil,
1 beaten egg,
50g grated mature cheddar

Make a batch of brown dough following the recipe to the end of step 3. Fry the onion in the olive oil until very lightly caramelised, then leave to cool. Cut the dough in half and shape into 2 balls. Cover with the glass bowl and leave for 15 mins.

Shape by flattening each ball into an 18cm round, put each on a large

baking tray lined with baking parchment. Make 6 deepish cuts with a sharp knife to mark each round into 6 wedges. Cover with a clean tea towel. Leave for 40-45 mins, or until doubled in size.

Finish by brushing with beaten egg, scatter over the onion, then the grated cheese.

Bake as in step 5. If the onion is getting too brown, lay a piece of parchment over the top.

PER SERVING (12 wedges) 183 kcals, protein 7g, carbs 31g, fat 5g, sat fat 2g, fibre 2g, sugar 3g, salt 0.74g

Garlic & prosciutto plait Makes 2



Flavourings

2 plump garlic cloves, crushed with
¼ tsp salt, 5 slices prosciutto,
roughly chopped,
1 beaten egg

Make a batch of brown dough mixing in the crushed garlic after rubbing in the butter. Follow the recipe to the end of step 3.

Shape by cutting the ball into 6 even pieces. Roll each with your hands into a 30-35cm sausage shape, that is plump in the middle and tapers off at each end. For each plait, lay 2 dough sausages in front of you like an X, then lay the other piece lengthways down the middle of the X and scatter over a

few slices of prosciutto. Start to plait from the centre down, left over right, right over left etc. When you reach the end, carefully turn the plait over and complete the plaiting, working down from the centre again. Press the tapered ends together to seal then lay each on a baking sheet lined with baking parchment. Tuck the rest of the prosciutto into the folds of each plait. Cover with a clean tea towel. Leave for 40-45 mins, or until doubled in size.

Finish by brushing with beaten egg.

Bake for about 25 mins as in step 5. PER SERVING (24 slices) 81 kcals, protein 3g, carbs 15g, fat 2g, sat fat 1g, fibre 1g, sugar 1g, salt 0.45g

Basil, rosemary & chive flowerpot Makes 1 loaf and 3 rolls



Flavourings

1 rounded tbsp each of chopped
basil, rosemary and snipped chives,
1 or 2 sprigs of rosemary, salt flakes

Make a batch of brown dough, stirring in the herbs before adding the water in step 1. Follow the recipe to the end of step 3.

Shape by oiling and lining the base and sides of a clean, unused earthenware flowerpot (about 14cm tall x 13cm diameter) with baking parchment. Cut off ¾ of the dough, shape it into a fat sausage that is slightly narrower at one end and push the narrow end down into the pot. Shape the rest into 3 round buns.

Finish by brushing the loaf lightly with water and gently pressing a sprig or 2 of rosemary into the top (soak the rosemary in cold water first to help prevent it from burning in the oven). Sprinkle with salt flakes and a little flour, and sit it on a baking sheet with the buns, also decorated with rosemary and salt. Cover all with a clean tea towel and leave for 40-45 mins, or until the loaf has risen to about 5cm above the top of the pot.

Bake as in step 5, for about 20 mins for the rolls; 30 mins for the flowerpot.

PER SERVING (20 slices) 88 kcals, protein 3g, carbs 18g, fat 1g, sat fat none, fibre 1g, sugar 1g, salt 0.511g

Sesame, sunflower & poppy seed bloomer Makes 1



Using the white loaf recipe more great bakes

Flavourings

**1 tbsp sunflower seeds,
1 tbsp each of sesame and poppy
seeds, plus extra for sprinkling**

Make a batch of white dough and mix in all the seeds after rubbing in the butter in step 1. Follow recipe to the end of step 2, knock back the dough as in step 3, shape into a ball, then cover and leave for 10 mins.

Shape by flattening the dough into a rectangle about 25 x 19cm using your knuckles. Fold both shorter ends into the centre like an envelope, make a ¼ turn, then flatten again into the same size and roll up very tightly,

starting from one of the short ends. Seal both ends by pressing down firmly with the side of your hand. Lay the loaf on a baking parchment-lined baking sheet with the join underneath.

Using a very sharp knife, make 7-8 diagonal slashes down the length of the loaf, deep enough to open up slightly. Cover and leave for 40-45 mins, or until about doubled in size.

Finish by brushing between slashes with water, then sprinkling with alternate lines of seeds.

Bake as in step 5.

PER SERVING (20 slices) 107 kcals, protein 4g, carbs 19g, fat 2g, sat fat 1g, fibre 1g, sugar none, salt 0.38g

Foccaccia rolls Makes 10

**Flavourings**

**3 tbsp olive oil,
100g sliced roasted peppers,
85g chopped camembert
20 small black olives,
handful of rocket leaves,
a good pinch of oregano**

Make a batch of the white dough omitting the butter and stirring in 1 tbsp olive oil with the water in step 1. Follow the recipe to the end of step 2, knock back the dough as in step 3, shape into a ball, then cover and leave for 10 mins..

Shape cut the dough into 10 even pieces. Shape each into a ball and sit them on 2 baking parchment-lined

baking sheets. Cover with a clean dry tea towel and leave for 40-45 mins, or until about doubled in size.

Finish by using your fingers press a wide indent in the middle of each roll. Scatter over the roasted peppers, cheese and olives pressing down quite firmly into the indents, finish with rocket. Drizzle with most of the remaining oil mixed with a good pinch of dried oregano. Season.

Bake as in step 5, for about 20 mins. When baked, drizzle with a little extra olive oil.

PER SERVING (10 rolls) 240 kcals, protein 8g, carbs 38g, fat 7g, sat fat 2g, fibre 2g, sugar 1g, salt 1.37g

Cranberry, raisin & pecan knot Makes 1



These flavours and shapes were inspired by artisan baker Nick Anderson who runs Mayfield Farm Bakery & School, Old Harlow, Essex with his wife Jane. For their breadmaking courses visit mayfieldfarmbakery.co.uk

Flavourings

**1½ tbsp caster sugar,
100g mix of dried cranberries,
raisins and chopped pecans,
a pinch of ground cinnamon**

Make a batch of the white dough stirring 1½ tsp caster sugar in with the salt in step 1. Follow the recipe to the end of step 2, knock back the dough as in step 3, shape into a ball, then cover and leave for 10 mins..

Shape by flattening the dough into a rectangle, about 28 x 18cm, scatter on the cranberries, raisins

and chopped pecans, then roll up tightly from one of the short ends. Roll into a 52cm-long sausage. Tie into a simple knot and lay on a baking parchment-lined baking sheet. Cover and leave for 40-45 mins, or until doubled in size.

Bake as in step 5.

Finish by making a spiced sugar glaze with remaining caster sugar, cinnamon and 1 tsp hot water. Brush over bread while it is still warm.

PER SERVING (20 slices) 116 kcals, protein 3g, carbs 22g, fat 2g, sat fat 1g, fibre 1g, sugar 4g, salt 0.39g

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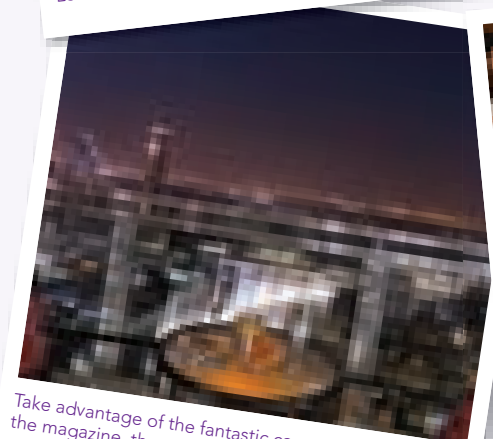
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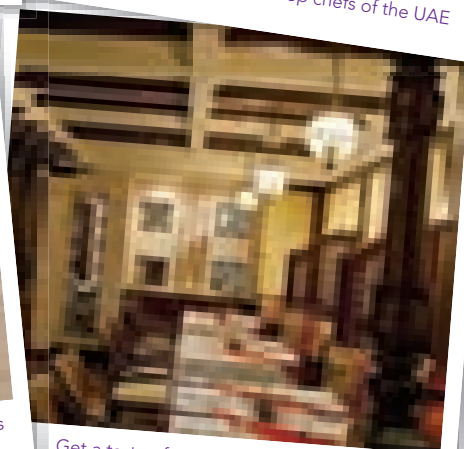
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What my mother taught me

This Mother's Day we speak to our BBC Good Food ME Awards Chef of the Year finalists to find out how their mum's cooking influenced their own



REIF BIN OTHMAN, EXECUTIVE CHEF OF ZUMA, DIFC

Has your mother inspired your love for cooking? If so, how?

My mother taught me how to cook in Singapore, starting from when I was a very small boy. I used to watch her cook our daily meals and start with small tasks such as peeling potatoes and chopping onions. Many of the basic techniques that I use in my role as

Head Chef for ZUMA Dubai come from these early learning experiences.

We would also make weekly trips to the local market together, where I saw my mother choose the fresh produce and select our food for the week. I think it was seeing her inspiration and passion first hand that really inspired me to pursue a career in food.

What is one of your most special memories of family meals?

We always celebrated Eid as a family, marked with a huge celebratory meal, prepared, naturally by my mother. The table would be piled with Malay delicacies including rice cakes, beef rendang, sambal goreng pengatin, serondeng, ayam masak merah and sayur lodeh. No matter how full we were, we'd finish off the feast with pineapple tarts, and an amazing array of pastries all prepared by my mother from scratch.

Are there any of your mother's recipes that you still enjoy cooking today?

I love to cook Malay spicy chicken stew with tomatoes – known as *ayam masak merah*, as I used to make it with my mother at home. I've taught my wife how to prepare this for me, and when my mother comes to stay with me, she will pamper me with all her dishes!



NARUEMOUL POOLKUAN, CHEF DE CUISINE OF BENJARONG, DUSIT THANI DUBAI

Has your mother inspired your love for cooking?

Yes, because I love the taste of her food and with her I learnt how to cook; all the tips and techniques come from her and my grandmother since I was about 12 years old. From that time I became the one

who cooked for my family; it's my passion and my career.

What is one of your most special memories of family meals?

Chilli paste dips serve with vegetable and deep-fried baby mackerel.

Are there any of your mother's recipes that you still enjoy cooking today?

Jungle curry, the spicy curry without coconut milk but a lot of Thai herbs is my mother's recipes that I still enjoy cooking; it is very healthy too. At home I often create stir-fry spicy seafood or meat with Thai herbs and basil.



PAUL DE VISSER, EXECUTIVE CHEF OF RUTH'S CHRIS STEAK HOUSE, THE MONARCH DUBAI

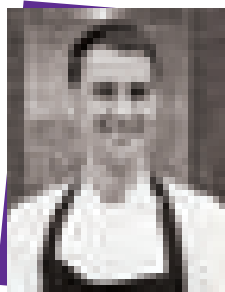
Has your mother inspired your love for cooking? If so, how?

The way my mom inspired me is always believing in my capabilities to become a chef and keep on supporting and pushing me the right way.

What is one of your most special memories of family meals? Back in the day, the Sunday dinners were the best, but now I enjoy every meal we have together as I only see my parents once or twice a year.

Are there any of your mother's recipes that you still enjoy cooking today?

My mom's pancakes and meatballs are the best!



NICK ALVIS, HEAD CHEF OF TABLE 9, HILTON DUBAI DEIRA CREEK

Has your mother inspired your love for cooking?

In many ways yes. We had a fairly large back garden when I was younger and with the garden we inherited so many different fruits through the year with summer being the best for strawberries and raspberries for example. Mum would always

use the fruit in something which certainly brought me up with a good understanding of seasons and utilising what is on your doorstep.

I always admired how mum would be able to do so much in not a very large kitchen, anything from four of us to 34 and sometimes more with a little help, but the organising and majority of the workload was on her shoulders.

What is one of your most special memories of family meals?

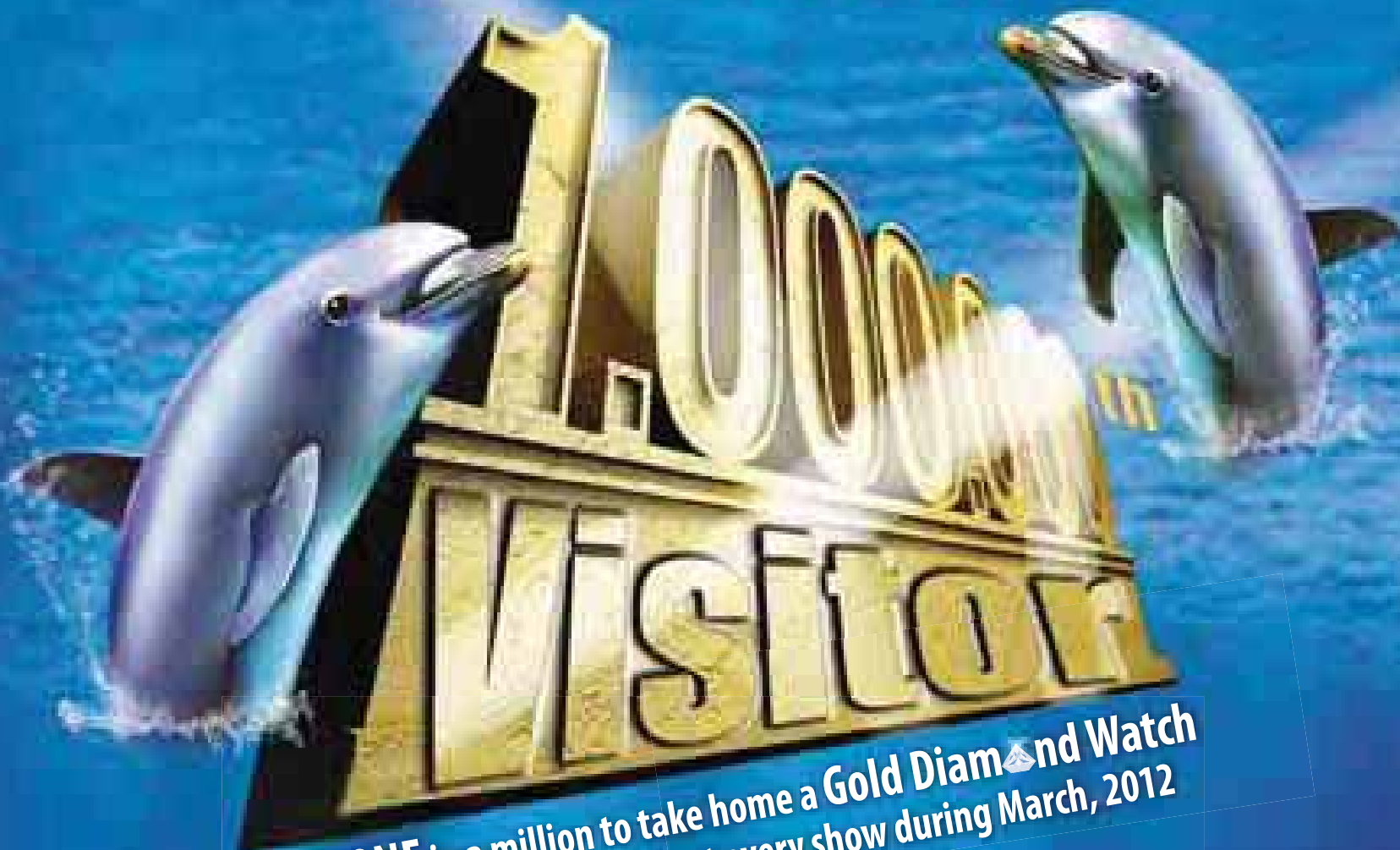
Mum's roast chicken dinner with paxo and bisto; I just cannot get enough!

Are there any of your mother's recipes that you still enjoy cooking today?

I have never cooked any of my mum's recipes as she never really had any. My Nan on the other hand had a book full of Indian recipes that she would cook for all of the family get togethers; my family have a very big history in India.

Executive Chef Reif Bin Othman is the winner of the BBC Good Food ME Chef of the Year competition. See the supplement in this month's issue for all the details of the exciting mystery box challenge.

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